

**Goa Vidyaprasarak Mandal's**  
**GOPAL GOVIND POY RAITURCAR COLLEGE OF COMMERCE AND ECONOMICS**  
**FARMAGUDI, PONDA GOA**

**B.COM. UGC-CCFUP (SEMESTER-I) REGULAR EXAMINATION OCTOBER/NOVEMBER 2024**  
**VAC-116 – LIFE SKILLS**

**Time: 01 hour**

**Marks: 40**

- 
- Q. 1 Answer the following questions: **(4x2=8 marks)**
- a) What are Life Skills? (CO1, BL1)
- b) List four thinking skills. (CO1, BL1)
- c) State some examples of life skills. (CO1, BL1)
- d) List four traits of healthy personality. (CO1, BL1)
- Q. 2 A i) In what ways do the enhanced Life Skills help an individual in developing him? **(2)** (CO1, BL1)
- OR**
- Q. 2 A ii) State three component of Life Skills with examples. **(2)** (CO1, BL1)
- Q. 2 B i) Where can the Life Skills be applied? Give two examples. **(3)** (CO1, BL1)
- Q. 2 C i) What is Self-awareness? How does it help an individual? **(3)** (CO1, BL1)
- Q. 3 A i) How does exploring self-identity help an individual? **(3)** (CO1, BL1)
- OR**
- Q. 3 A ii) How should an individual stay in tune with oneself? **(3)** (CO1, BL1)
- Q. 3 B i) What are some of the actions that an individual can take to increase self-esteem? **(3)** (CO1, BL1)
- Q. 3 C i) List four steps to deal with emotions. **(2)** (CO1, BL1)
- Q. 4 A i) What are some ways to identify emotions? **(2)** (CO1, BL1)
- OR**
- Q. 4 A ii) When does an individual feel good, and when do they feel otherwise? **(2)** (CO1, BL1)
- Q. 4 B i) What are interpersonal relationship skills? How does it help people? **(3)** (CO1, BL1)
- Q. 4 B ii) Explain with examples how the relationship with family & friends be managed. **(2)** (CO2, BL2)
- Q. 4 C i) What are transactional relationships? How are they characterised? **(2)** (CO21, BL1)
- Q. 5 A i) Explain two types of Non-verbal communication? **(2)** (CO2, BL2)
- OR**
- Q. 5 A i) Explain resistance to peer pressure and discuss two tips of resisting negative peer pressure. **(2)** (CO2, BL2)
- Q. 5 B i) What strategies can you use to communicate your needs and boundaries clearly while maintaining respect for others? **(3)** (CO2, BL2)
- Q. 5 C i) Explain the basic conditions necessary for good communication. **(2)** (CO2, BL2)

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX