

2025

(FYUGP)

(1st Semester)

EDUCATION

Paper Code : EDN/SEC-1

(Life Skill Education)



Full Marks : 37.5

Pass Marks : 40%

Time: 2 Hours

*The figures in the margin indicate full marks
for the questions.*

PART A - OBJECTIVE

I. Choose the appropriate option:

($\frac{1}{2} \times 15 = 7\frac{1}{2}$)

1. A skill is a learned

a) Quality

b) Ability

c) Knowledge

d) Trait

2. Life skills encompass a wide range of and emotional skills.

a) Pratical skills

b) Mental skills

c) Physical skills

d) Social skills

(Turn Over)

3. Feeling joyful, loving, angry and depressed is addressed through which life skill?
- a) Coping with emotions b) Problem solving
c) Self awareness d) Creative thinking
4. Inability to cope up with stressful situation may lead the individual to
- a) Intoxicating substances b) Healthy relations
c) Productive life d) None of the above
5.:..... means that we are able to express ourselves both verbally and nonverbally so that our ideas are effectively transmitted to others.
- a) Effective communication b) Decision making
c) Self awareness d) Inter-personal relationships
6. Which of the following statements is/are incorrect.
- a) Learn to accept things according to situations
b) Being able to end relationship constructively
c) More referrals to specialist support services
d) All of the above
7. Which method of teaching Life Skills provides practical examples of how to perform a skill/task?
- a) Observation method b) Demonstration method
c) Experimental method d) None of the above
8. In observation method, after identifying the skill and choosing relevant scenarios, the next step the teacher must follow is
- a) Model the skill b) Encourage questions
c) Discuss and debrief d) Encourage observations

(Continued)

9. Activities like role playing, group discussion and active listening are effective for teaching which life skill?
- a) Problem solving skill
 - b) Time management skill
 - c) Inter-personal skill
 - d) Communication skill
10. Life skill education is most crucial for
- a) Childhood stage
 - b) Adult stage
 - c) Adolescence stage
 - d) Old age
11. Values such as responsibility, empathy, respect and integrity can be facilitated through
- a) Cross curricular activities
 - b) Character education
 - c) Experiential learning
 - d) Social learning
12. Life skills help people to establish productive relationships.
- a) Personal
 - b) Social
 - c) Cultural
 - d) Interpersonal
13. Which method involves incorporating life skills into various aspects of education?
- a) Observation method
 - b) Experiential method
 - c) Demonstration meyhod
 - d) Integrated method
14. In the process of teaching life skill, assessment and feedback are essential because
- a) It encourages learners to reflect on their progress
 - b) It allows teachers to improve his methods
 - c) It reinforces positive behaviour and attitude
 - d) All of the above

15. The ability to analyse information and experiences objectively is
- a) Critical thinking
 - b) Creative thinking
 - c) Effective communication
 - d) Coping with emotions

II. Write short notes on any five (5) of the following: (5×1=5)

1. What is Life skill education?
2. Two ways to cope with emotions.
3. Decision making skills.
4. How should a teacher apply observation method to teaching life skill?
5. What is stress?
6. Self- awareness skill.

PART B – DESCRIPTIVE

Answer any five (5): (5×5=25)

1. Define Life skill. Why is life skill education important?
2. Identify three essential Life skill which you think is most essential for every youth. Give reasons with examples.
3. “Empathy is the ability to imagine what life is like for another person. Without empathy, our communication with others will amount to one-way traffic.” Give your opinion on this statement.
4. What effective roles can the community render in teaching life skill education to its members?
5. Discuss some strategies to establish inter-personal relationships.
6. Explain any two methods which a teacher may apply to effectively facilitate life skills education.
7. From your daily life experiances highlight some situations where you can practically apply communication skill.
8. Why creative thinking skill is considered as an essential life skill?

* * * * *