

MA EDUCATION
FOURTH SEMESTER
LIFE SKILL EDUCATION
MAE – 403B

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 1.30 hrs.

Full Marks: 35

Time: 15 mins.

(Objective)

Marks: 10

Choose the correct answer from the following:

1 × 10 = 10

1. Which of the following best defines life skills?
 - a. The ability to memorize information quickly
 - b. Skills that enable individuals to effectively handle challenges in daily life
 - c. Basic survival skills in extreme situations
 - d. Technical skills required for a specific job
2. According to WHO, which of the following is NOT a component of life skills?
 - a. Decision-making skills
 - b. Technical skills for a specific job
 - c. Problem-solving skills
 - d. Interpersonal skills
3. What are social or interpersonal skills primarily concerned with?
 - a. Technical expertise in specific fields
 - b. Abilities to interact effectively with others in various social situations
 - c. Personal hygiene and grooming
 - d. Academic achievements
4. Which of the following is NOT a cognitive or thinking skill?
 - a. Memorization
 - b. Active listening
 - c. Creativity
 - d. Analytical reasoning
5. What is the definition of conflict?
 - a. A struggle between two or more parties with opposing goals
 - b. A situation where one party dominates another
 - c. A harmonious interaction between individuals
 - d. A negotiation process to achieve compromise
6. Which conflict resolution style involves a high degree of assertiveness and cooperation?
 - a. Avoidance
 - b. Competition
 - c. Accommodation
 - d. Collaboration
7. In the Thomas-Kilmann Conflict Mode Instrument (TKI), which mode emphasizes assertiveness over cooperation?
 - a. Avoidance
 - b. Competition
 - c. Accommodation
 - d. Collaboration

8. What is the first step in resolving a conflict?
- a. Avoidance
 - b. Assigning blame
 - c. Identifying the issue
 - d. Implementing a solution
9. Which conflict resolution strategy focuses on finding a compromise where both parties give up something?
- a. Avoidance
 - b. Competition
 - c. Accommodation
 - d. Compromise
10. Which approach is considered proactive in avoiding conflict?
- a. Confrontation
 - b. Compromise
 - c. Collaboration
 - d. Avoidance

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(Descriptive)

Time : 1 Hr. 15 Mins.

Marks : 25

[Answer question no.1 & any two (2) from the rest]

1. Briefly discuss the meaning and definition of life skill education. 5
2. Define WHO. Discuss the Goals of Life skill education recommended by WHO. 4+6=10
3. Explain the Cognitive or thinking skills and Emotional skills in Education. 5+5=10
4. What is conflict management? Explain the elements of conflict management. 3+7=10
5. Discuss the steps of managing conflict and highlight the ways of avoiding conflict. 5+5=10

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