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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
FIRST YEAR, FIRST SEMESTER EXAMINATION
FOR THE CERTIFICATE IN BEAUTY THERAPY AND HAIRDRESSING

Date: 12th August, 2024
Time: 2.30pm – 4.30pm

CCU 002 LIFE SKILLS

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Outline the benefits of life-skill education to the society (4 Marks)
- b) Values are things of importance in our lives. Highlight any **FIVE** sources of values (5 Marks)
- c) Sahara usually sleeps on a mat. She has moved to a new house with her new husband and needs to buy a bed for the first time. She doesn't know anything about beds at all! Using Problem Solving and Decision Making Steps, help Sahara solve her problem (6 Marks)
- d) Stress that is deemed beneficial can be referred to as positive or good stress. Describe circumstances that can lead to positive stress (5 Marks)
- e) Emotions are strong feelings experienced by a person mainly from personal circumstances/moods or relationships with others. Explain how one can cope with negative emotions (5 Marks)
- f) Outline the importance of empathy in the society (5 Marks)

QUESTION TWO (20 MARKS)

- a) Outline the characteristics of an assertive person (5 Marks)
- b) Identify situations that may require negotiation amongst students today (5 Marks)
- c) Describe the characteristics of a creative thinker (5 Marks)
- d) Discuss any **FOUR** agents that promote gender education (5 Marks)

QUESTION THREE (20 MARKS)

- a) Discuss some of the causes of conflict experienced in the society (5 Marks)
- b) Identify any common time robbers and explain how lead to time mismanagement (5 Marks)
- c) Explain what the process of gender mainstreaming entails (4 Marks)
- d) Discuss some of the causes of drug and substance abuse (6 Marks)

QUESTION FOUR (20 MARKS)

- a) Time management is the act of planning the amount of time you spend on which activities. Draw your Saturday time management chart (6 Marks)
- b) Drug abuse and addiction have been linked with HIV/AIDS. Enumerate different ways this can happen (5 Marks)
- c) Explain how you can maintain a healthy relationship with your friends and classmates (6 Marks)
- d) As a student, how would you advice your friends to use their leisure time positively (3 Marks)

QUESTION FIVE (20 MARKS)

- a) Discuss some of the misconceptions about HIV & AIDS (6 Marks)
- b) Identify some forms of Child Labor experienced today (6 Marks)
- c) Outline **FIVE** factors that influence healthy relationships (5 Marks)
- d) Explain strategies that can be applied to eliminate gender discrimination (3 Marks)