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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2022/2023 ACADEMIC YEAR
FIRST YEAR, FIRST SEMESTER EXAMINATION
FOR THE DIPLOMA IN ACCOUNTING
DCU 1002- LIFE SKILLS

Date: 14TH DECEMBER 2022
Time: 8.30 am – 10.30 am

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

Kebede is a 16-year-old boy who recently moved from the village where he grew up to a town to pursue his education at a preparatory school. In the new school he met new friends. Some of his friends chewed khat and smoked cigarettes and told Kebede that it was normal for a modern young person to do these things. So Kebede started chewing khat, drinking alcohol and smoking. With his friends he frequently went to a nearby bar where he met a prostitute (commercial sex worker). Over time, Kebede felt that he was doing the wrong things. He decided he could no longer copy his friends' behavior just to get along with them. It took him a while to analyze his situation and decide to stop chewing khat, drinking alcohol, smoking cigarettes and going to prostitutes. Following his decision, he was able to make friends who were free of such risky behaviors, which helped him to work towards achieving his dream, which was to perform well in his education.

- a) Outline reasons why Kebede should know himself on his way to recovery (5 Marks)
- b) Indicate the consequences Kebede could face as a result of his behavior. (5 Marks)
- c) Indicate the categories of life skills did Kebede use to be free from risky behaviors and to change to a better person. (5 Marks)
- d) Differentiate to Kebede critical thinking and creative thinking which must have controlled his mind to make a positive decision. (5 Marks)
- e) Highlight to Kebede the effects of misuse of leisure. (5 Marks)
- f) Explain to Kebede how he can improve his self-esteem. (5 Marks)
- g) Constant anger could have led to Kebede's behavior. Explain to him the effects of anger. (5 Marks)

QUESTION TWO (20 MARKS)

- a) Discuss the values associated with self-awareness skills. (10 Marks)
- b) Explain the importance of self-esteem. (5 Marks)
- c) Discuss five different situations that can evoke stress in young people. (5 Marks)

QUESTION THREE (20 MARKS)

- a) Discuss anger management techniques. (10 Marks)
- b) Discuss the stress management strategies. (5 Marks)
- c) Explain five ways that one can use to control negative emotions. (5 Marks)

QUESTION FOUR (20 MARKS)

- a) Discuss how a person can overcome the challenges that hinder an individual from attaining life goals. (6 Marks)
- b) Discuss the catalysts of the spread of HIV/aids. (7 Marks)
- c) Describe the causes of conflict. (7 Marks)

QUESTION FIVE (20 MARKS)

- a) Explain the factors that lead to child labour. (10 Marks)
- b) Child rights are very important to enhance the well-being of a child. Explain the child rights according to the UN convention. (10 Marks)