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**KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY  
UNIVERSITY EXAMINATION, 2017/2018 ACADEMIC YEAR  
DIPLOMA IN BUSINESS INFORMATION TECHNOLOGY**

**DLC 1002 – LIFE SKILLS**

Date: 28<sup>th</sup> July, 2017  
Time: 12:00pm-2:00pm

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- Discuss why life skill knowledge is necessary for the youths today. (7Marks)
- Explain measures you would take to ensure your child attains balance personality. (7marks)
- Jane has been complaining of lack of interest in her chores, explain what could be the root cause of this and how to help her. (8Marks)
- Explain who you are, taking into account some of your positive and negative challenges. Show how you cope up with them. (8Marks)

**QUESTION TWO (20 MARKS)**

- Discuss emotions and feelings are good as well as bad. (7 Marks)
- Show ways of stress management. (5 Marks)
- Environment and people contribute to the positive or negative personality. Explain. (8 Marks)

**QUESTION THREE (20 MARKS)**

- Discuss why schools should provide conducive environment for Childs growth. (7marks)
- Explain self-esteem and the dangers low esteem poses to one. (6marks)
- You are in a seminar describe, why women are more vulnerable /exposed to HIV/AIDS. (7marks)

**QUESTION FOUR (20 MARKS)**

- Discuss how one develops his/her personality. (7marks)
- Explain the benefits of expressed feelings. (6marks)
- Describe some of the assertive skills (7marks)

**QUESTION FIVE (20 MARKS)**

- What do you understand by responsible sex? Explain (6marks)
- Discuss what you would consider before taking an action over any challenge. (7marks)
- Explain child's rights and some ways it is abused. (7marks)