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

Date: 5th December, 2024
Time: 8.30am –10.30am

CCU 002 - LIFE SKILLS

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- (a) Demonstrate ways in which self-awareness contributes to personal growth (6 marks)
- (b) Describe the different ways gender stereotypes can have negative effects (6 marks)
- (c) Outline effective ways communication contributes to maintaining healthy relationships (6 marks)
- (d) Demonstrate how life skills can help you make better choices concerning your health? (6 marks)
- (e) Explain situations that may require negotiations in college (6 marks)

QUESTION TWO (20 MARKS)

- (a) Discuss the importance of maintaining healthy relationships in college life. (6 marks)
- (b) Demonstrate how practicing empathy can strengthen relationships? (4 marks)
- (c) Explain how **procrastination** can affect productivity (4 marks)
- (d) Narrate a personal experience when you used your assertive skills to help someone (6 marks)

QUESTION THREE (20 MARKS)

- (a) Explain strategies a college student can use to improve self-esteem, especially when facing academic challenges? (6 marks)
- (b) Suggest ways to prevent burnout during busy academic periods like exam preparation period. (4 marks)
- (c) Provide an example from your life explaining how a lack of **prioritization** lead to inefficient time use. (4 marks)
- (d) You have noticed that your close friend has developed symptoms such as panic attacks, confusion, memory loss among others. You suspect she may be abusing drugs. Explain the strategies you will take to help her. (6 marks)

QUESTION FOUR (20 MARKS)

- (a) Discuss any **SIX** strategies you can use to manage stress (6 marks)
- (b) Jane wants to enrol in a nursing training college but it is very competitive and her grades are slightly low. Help Jane solve her problem following problem solving steps. (6 marks)
- (c) You have been invited to talk to the youth in your community about ways in which HIV is transmitted. Discuss some of the myths they need to be aware of. (8 marks)

QUESTION FIVE (20 MARKS)

- (a) Outline the consequences of not being a creative thinker (4 marks)
- (b) You have been invited to a school to talk about child labor. Highlight some forms of Child Labor experienced today that you will share with your listeners (6 marks)
- (c) Identify and explain two common time wasters that can affect productivity (4 marks)
- (d) Explain the role of empathy in building strong friendships (6 marks)