



Kasarani Campus
Off Thika Road
Tel. 2042692 / 3
P. O. Box 49274, 00100
NAIROBI
Westlands Campus
Pamstech House
Woodvale Grove
Tel. 4442212
Fax: 4444175

KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR
FIRST YEAR, FIRST SEMESTER EXAMINATION
FOR THE DIPLOMA IN COMMUNITY DEVELOPMENT AND SOCIAL WORK
DCU 1002 – LIFE SKILLS

Date: 19TH APRIL, 2023
Time: 8:30AM- 10:30AM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Illustrate three economics benefits from learning life skills. (6 Marks)
- b) Describe various obstacles facing young people as they set their life goals. (6 Marks)
- c) Explain why people should cope with stress. (6 Marks)
- d) Highlight various ways of dealing with conflicts. (6 Marks)
- e) Describe the effects of smoking marijuana (bhang). (6 Marks)

QUESTION TWO (20 MARKS)

- a) Analyze various strategies of reducing gender discrimination. (7 Marks)
- b) Explain various barriers to creativity. (7 Marks)
- c) Discuss ways of raising your self- esteem (6 Marks)

QUESTION THREE (20 MARKS)

- a) Evaluate the factors that influence your decision making. (7 Marks)
- b) Explain why people should solve their conflicts. (7 Marks)
- c) Suggest various consequences of intercommunal wars in KENYA (6 Marks)

QUESTION FOUR (20 MARKS)

- a) Describe how you can improve the negotiation process. (8 Marks)
- b) Describe Emotional intelligence. (4 Marks)
- c) Illustrate the components and the functions of emotional intelligence. (8 Marks)

QUESTION FIVE (20 MARKS)

- a) Evaluate the benefits of home care to a HIV/AIDS person. (7 Marks)
- b) Explain why there are street children in urban areas. (6 Marks)
- c) Describe work related stress (7 Marks)