



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, 2022/2023 ACADEMIC YEAR
FOR THE DIPLOMA IN PROCUREMENT & SUPPLIES MANAGEMENT
DCU 1002: LIFE SKILLS

Date: 13th April, 2022
Time: 8.30am-10.30am

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Emotions are important for human life, but they can be misunderstood, explain ways in which we can misuses human emotions. (6 Marks)
- b) There more challenges on mental health, especially in this era of covid pandemic, Identify positive values of stress management. (6 Marks)
- c) Describe how you will use assertive skills to protect yourself against unplanned pregnancies. (6 Marks)
- d) Explain how you can train your family to acquire empathetic skills. (6 Marks)
- e) Highlight the skills that you will put into practice after graduation as you seek employment.(6 Marks)

QUESTION TWO(20 MARKS)

- a) Discuss various methods of reducing gender discrimination in society (10 Marks)
- b) Describe various symptoms of a stressed person. (10 Marks)

QUESTION THREE(20 MARKS)

- a) Evaluate the consequences of making decisions without thinking critically (10 Marks)
- b) Explain the consequences of not being creative in life. (10 Marks)

QUESTION FOUR (20 MARKS)

- a) Discuss the consequences of negative emotions to university students. (10 Marks)
- b) Examine various ways of reducing conflicts in the work place (10 Marks)

QUESTION FIVE(20 MARKS)

- a) Analyze how university students should improve their time management (10 Marks)
- b) Explain the strategies you can use to prevent drug abuse in young people. (10 Marks)