



# **MACHAKOS UNIVERSITY**

**University Examinations for 2019/2020 Academic Year**

**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**DEPARTMENT OF SOCIAL SCIENCES**

**SECOND YEAR FIRST SEMESTER EXAMINATION FOR**

**CERTIFICATE IN ELECTRICAL ENGINEERING**

**EPC 211: LIFE SKILLS**

**DATE: 10/12/2019**

**TIME: 2.00-4.00 PM**

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**INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- a) Explain the three categories of life skills (12 marks)
- b) Identify four objectives for inclusion of life skills in higher learning institutions (8 marks)
- c) Describe the skills required in effective decision making (10 marks)

**QUESTION TWO (20 MARKS)**

- a) Define the following terms (10 marks)
  - i. Empathy
  - ii. Life skills
  - iii. Decision
  - iv. Leisure
  - v. Sexually transmitted infection.
- b) Give five reasons why its important to manage time as a resource. (10 marks)

**QUESTION THREE (20 MARKS)**

Plot a time schedule for a college student applicable for 7 days

**QUESTION FOUR (20 MARKS)**

- a) Pin point results derived from irresponsible sex (10 marks)
- b) Identify five time wasting practices for a college student (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) Show five causes of stress at work place (10 marks)
- b) Provide an explanation for
  - i. Assertiveness (5 marks)
  - ii. Conflict resolution (5 marks)