



# **MACHAKOS UNIVERSITY**

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

**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**DEPARTMENT OF SOCIAL STUDIES**

**SECOND YEAR FIRST SEMESTER EXAMINATION FOR**

**CERTIFICATE IN INFORMATION COMMUNICATION TECHNOLOGY (TVET)**

**LIFE SKILLS**

**DATE:**

**TIME:**

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**INSTRUCTIONS:**

ANSWER ALL THE QUESTIONS

1. a) Explain three categories of life skills that an individual is supposed to bear. (12 marks)
- b) Identify four principles that are applied in life skills. (8 marks)
2. a) State five sources of conflicts in a society. (10 marks)
- b) Highlight the skills needed in making an effective decision and choices. (10 marks)
3. a) Structure a time management schedule lasting for one week. (10 marks)
- b) State five importance derived from effective time management. (10 marks)
4. a) Give five importance associated with life skills. (10 marks)
- b) State five objectives of life skills education. (10 marks)
5. a) Describe two components that are employed in life skills of knowing and living with oneself. (10 marks)
- b) Identify five ways of resolving conflicts peacefully. (10 marks)