



# MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (FOODS NUTRITION AND DIETETICS)

HFN 150: LIFE SKILLS

DATE: 25/5/2022

TIME: 8.30-10.30 AM

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## INSTRUCTIONS:

This *paper consists of two sections A and B*

*Section A is compulsory*

*Section B choose any two (2) questions*

## SECTION A: COMPULSORY (30 MARKS)

### QUESTION ONE (30 MARKS)

*Answer all questions*

- a) Define the following:
- Goals
  - Life skills
  - Self-esteem (3 marks)
- b) Differentiate between the following terms
- Sex and Gender
  - Assertiveness and self-confidence
  - Accountability and responsibility
  - Social and Emotional intelligence (4 marks)
- c) Explain why feedback is necessary in communication (3 marks)
- d) List six (6) personal attributes that contribute to overall employability. (3 marks)

- e) You are the owner of an upcoming Nutrition Clinic. You have to recruit a new manager to head your Clinics operations. List four (4) qualities you will look for in the new candidate to be selected. (2 marks)
- f) Identify three (3) body language aspects that indicate listening. (3 marks)
- g) Do you think that the way that a person is raised can affect their gender identity? Explain. (3 marks)
- h) Identify six (6) acts of sexual exploitation and abuse that a student is likely to face in a learning institution. (3 marks)
- i) One of your colleagues is super stressed about a CAT deadline she has not met. Advise her as per problem focused coping strategy. (3 marks)
- j) Identify roles of non-verbal communication. (3 marks)

**SECTION B: ANSWER ANY TWO QUESTIONS. EACH QUESTION CONTAINS 20 MARKS**

**QUESTION TWO (20 MARKS)**

- a) Using appropriate examples, describe the following key life skills
  - i. Critical thinking
  - ii. Self-awareness
  - iii. Empathy
  - iv. Interpersonal relationships (12 marks)
- b) Discuss causes of gender based violence in the community (8 marks)

**QUESTION THREE (20 MARKS)**

- a) There has been a rise in conflicts in your local church. You have been invited to help resolve the prevailing situation. Discuss the conflict resolution process that you will adopt. (10 marks)
- b) Discuss the cognitive coping strategies in stress management. (10 marks)

**QUESTION FOUR (20 MARKS)**

- a) Mental health illnesses have hit an all-time high in the student population. Discuss some of the risk factors to mental health illnesses and the impact to the student population. (10 marks)
- b) Write a cover letter for your curriculum vitae (CV) in response to an advertisement uploaded on jobseekers.com for the post of a Nutritionist in Machakos Level 5. (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) Describe 5 (five) types of non-verbal communication. (10 marks)
- b) Rita is a good, hardworking student. She loves teaching. She teaches her younger siblings and neighbors' children at home. She realizes that she wants to teach but is not sure where to start. She has just cleared her O-Level examinations. She decides to write down on paper what she has to do to achieve her goal.
1. I will apply to various colleges to pursue teaching course.
  2. I will apply in schools to join as a teacher as soon as possible.
  3. I will join a school and start teaching the students.
  4. I want to teach students so that they understand the concepts easily and score good marks.
  5. I will be popular among my students professionally and personally.
- a) Is Rita's goal setting practical? (2 marks)
- b) Rewrite Rita's goals in a Smart manner. (8 marks)