

**MURGAON EDUCATION SOCIETY'S VASANT JOSHI COLLEGE OF ARTS &  
COMMERCE, ZUARINAGAR-GOA  
B. A. I SEMESTER END ASSESSMENT, OCT./NOV. 2024  
ENGLISH VAC  
VAC 117: LIFE SKILLS**

**Instructions**

- 1) All Questions are compulsory, however internal choice is available
- 2) Figures to the right indicate maximum marks
- 3) Answer sub-questions of Q.1 in not more than 50 words each
- 4) Answer questions of 3 marks in not more than 75 words
- 5) Answer questions of 2 marks in not more than 50 words

**Duration: 01 Hour**

**Max. Marks: 40**

**Q.1.) Answer the following:**

**(4x2=8 Marks)**

- 1) What are Life Skills?
- 2) Mention any two components of life skills?
- 3) What is assertiveness?
- 4) What is empathy?

**Q.2 A) i) How do Life Skills improve your quality of life?**

**(03 Marks)**

**OR**

**Q.2 A) i) What is web of relationship?**

**(03 Marks)**

**Q.2 B) i) How can an individual build self-esteem?**

**(03 Marks)**

**Q.2 C) i) Mention any four emotions that an individual can feel?**

**(02 Marks)**

**Q.3 A) i) Describe how an individual can regulate their emotions.**

**(03 Marks)**

**OR**

**Q.3 A) i) Explain the importance of empathy in one's everyday life.**

**(03 Marks)**

**Q.3 B) i) Describe how comparison can affect your self-esteem.**

**(03 Marks)**

**Q.3 C) i) Why should an individual learn to handle peer pressure effectively?**

**(02 Marks)**

**Q.4 A) i) How do you distinguish between hearing and listening?**

**(03 Marks)**

**OR**

**Q.4 A) i) With suitable examples, explain how verbal and non-verbal communication impacts communication.**

**(03 Marks)**

**Q.4 B) i) How do you identify your stress triggers?**

**(03 Marks)**

**Q.4 C) i) State the various strategies that can be used to cope with stress.**

**(02 Marks)**

**Q.5 A) i) Your friends are in various clubs and associations of the college but you are still unable to understand your strong areas. How would you try and understand your self to identify your skills and qualities?**

**(03 Marks)**

**OR**

**Q.5 A) i) Your best friend has had a tough day and seems stressed and irritable. Apply your knowledge of empathy to show them that you care.**

**(03 Marks)**

**Q.5 B) i) Your neighbour is a happy and talkative person. Recently they have been very sad and look gloomy. Apply your knowledge of effective communication to make them feel better.**

**(03Marks)**

**Q.5 C) i) You have been given a task of teaching life skills to students of grade 5. What are the two points that you would focus on to help them understand the topic?**

**(02 Marks)**