

**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)

- 1) How are Life Skills important?
- 2) What is Self-Esteem?
- 3) What is Creative Thinking?
- 4) Define Peer-pressure

Q.2 A) i) How does Life Skills help us in maintaining balance in life?

(03 Marks)

OR

Q.2 A) i) How can social skills help us in personality development?

(03 Marks)

Q.2 B) i) How does self-esteem impact relationships?

(03 Marks)

Q.2 C) i) Explain the consequences of peer pressure.

(02 Marks)

Q.3 A) i) Explain the importance of active listening in social interactions.

(03 Marks)

OR

Q.3 A) i) How can empathy contribute to effective communication?

(03 Marks)

Q.3 B) i) How can you practice self-care to improve your self-esteem?

(03 Marks)

Q.3 C) i) Explain the contribution of healthy relationships to overall well-being?

(02 Marks)

Q.4 A) i) Describe the connections between listening skills and emotional intelligence?

(02 Marks)

OR

Q.4 A) i) Explain the potential consequences of poor nonverbal communication.

(03 Marks)

Q.4 B) i) Evaluate the influence of biases on decision-making?

(03 Marks)

Q.4 C) i) State the impact of stress and anxiety on lifestyle.

(02 Marks)

Q.5 A) i) Evaluate the effectiveness of assertiveness training programs in helping individuals resist peer pressure and build stronger interpersonal relationships.

(03 Marks)

OR

Q.5 A) i) Analyze the role of nonverbal communication in a job interview. State the strategies that can be employed to convey confidence and professionalism through nonverbal communication.

(03 Marks)

Q.5 B) i) Analyze the stressors faced by a college student preparing for final exams. Apply your knowledge of coping strategies that can help with stress and anxiety to maintain a balanced academic demands with self-care and well-being.

(03 Marks)

Q.5 C) i) Analyze the dynamics of a family where one member is struggling with a substance abuse problem. State the strategies that the family members can employ to cope with the situation and maintain healthy relationships.

(02 Marks)