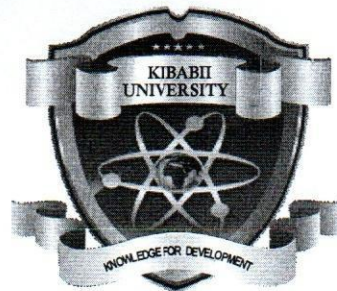


15

KIBU-QA-F-003



KIBABII UNIVERSITY

UNIVERSITY EXAMINATION
ACADEMIC YEAR 2019/2020

SECOND YEAR FIRST SEMESTER REGULAR EXAMINATION

FOR THE DIPLOMA IN EDUCATION ARTS

COURSE CODE: EDD 020

COURSE TITLE: LIFE SKILLS AND PEACE EDUCATION

DATE: NOVEMBER, 6th 2020 TIME 2.00PM-4.00PM DURATION: 2HOURS

INSTRUCTIONS TO CANDIDATES

Answer Question One (compulsory) and Any other TWO (2) Questions

KIBU observes ZERO tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over. ➡



Kibabii University ISO 9001:2015 Certified
Knowledge for Development

ANSWER QUESTION ONE IN SECTION A AND ANY OTHER TWO IN SECTION B**SECTION A (30marks)****Question 1**

- a. Define life skills (2 marks)
- b. Explain the following terms in Life Skills and Peace Education.(8marks)
 - i. Assertiveness
 - ii. Self awareness
 - iii. Self esteem
 - iv. Empathy
- c. Explain six signs of low self-esteem in an individual. (12marks)
- d. Differentiate between Eustress and Distress. (4marks)
- e. Give the difference between critical thinking and creative thinking. (4marks)

SECTION B (40MARKS)**Question 2**

- a. Most people do not express feelings due to different reasons. Discuss.(10 marks)
- b i. . List any six importance of self-awareness to an individual.(6marks)
- ii. Give four ways of avoiding conflict. (4marks)

Question 3

- a. Discuss any four principles of decision making.(8marks)
- b. Briefly discuss the categories of life skills. (12marks)

Question 4

- a. Discuss any six qualities of a good negotiator. (12 marks)



b. Explain four factors that may influence negotiation. (8 marks)

Question 5

- a. Outline the stages of effective communication. (10marks)
- b. List any barriers to effective communication. (5marks)
- c. Discuss the situations that require empathy. (5marks)

