



**THE CATHOLIC UNIVERSITY OF EASTERN AFRICA**  
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**GABA CAMPUS - ELDORET**  
**MAIN EXAMINATION**  
**SEPTEMBER – DECEMBER 2021 TRIMESTER**  
**FACULTY OF ARTS AND SOCIAL SCIENCES**  
**BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**  
**DEPARTMENT OF SOCIAL SCIENCE & DEVELOPMENT STUDIES**  
**BCP 206: LIFE SKILLS IN COUNSELING**

<b>Date:</b> December 2021	<b>Duration:</b> 2 Hours
<b>Instructions:</b> Answer Question <b>ONE</b> and any other <b>TWO</b> Questions	

**QUESTION ONE**

- a) Define the following citing the relevant examples
- i) Life skills (1 mark)
  - ii) Sexuality (2 marks)
  - iii) Self-talk (2 marks)
- b) Discuss any five life skills that you consider as the most important in order to succeed in life. (15 marks)
- c) Explain any five characteristics of high self-esteem students (10 marks)

**QUESTION TWO**

Distinguish between the following citing relevant examples:

- i) Assertive and aggressiveness (10 marks)
- ii) Eustress and hypo stress (10 marks)

**QUESTION THREE**

Discuss any four positive actions you can take to manage your emotions from the life of a university student (20 marks)

#### **QUESTION FOUR**

Discuss any five benefits of effective communication in any environment **(20 marks)**

#### **QUESTION FIVE**

Describe any five situations in the life of a university student that calls for assertiveness

**(20 marks)**

**\*END\***