



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

P.O. Box 62157
00200 Nairobi - KENYA
Telephone: 891601-6
Fax: 254-20-891084
E-mail: academics@cuea.edu

MAIN EXAMINATION

JANUARY – APRIL 2018 TRIMESTER

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

REGULAR PROGRAMME

BCP 206: LIFE SKILLS IN COUNSELING

Date: APRIL 2018

Duration: 2 Hours

INSTRUCTIONS: Answer Question ONE and any other TWO Questions

- Q1. a) Define your understanding of life skills **(5 Marks)**
b) List five characteristics of individuals deemed to have life skills **(5 Marks)**
c) List five major areas in which university students can use life skills **(5 Marks)**
d) Briefly describe adolescence in your traditional society **(10 Marks)**
e) Life skills are for the youth. Discuss citing relevant examples **(5 Marks)**
- Q2. Clearly discuss five reasons for life skills development **(20 Marks)**
- Q3. Examine the categories of life skills according to the World Health organization (WHO) **(20 Marks)**
- Q4. Assume you have been invited by your church pastor to address the youth about effective communication in their group.
a) Discuss two types of communication **(10 Marks)**
b) Explain to them three factors that enhance effective communication **(10 Marks)**
- Q5. Critical thinking **is not emotionless thinking**. Discuss this statement. **(20 Marks)**

Q6. Citing relevant examples, briefly examine the four pillars that form the basis of life skills. **(20 Marks)**

END