

QP CODE: 22101263



Reg No : .....

Name : .....

**B.VOC DEGREE (REGULAR / REAPPEARANCE) EXAMINATIONS, MARCH 2022**

**First Semester**

**PBOC104 - LIFE SKILL**

(Common for B.Voc Business Accounting and Taxation and B.Voc DTP and Printing Technology)

2018 Admission Onwards

D86CA6E8

Time: 3 Hours

Max. Marks : 80

**Part A**

Answer any **ten** questions.

Each question carries **2** marks.

1. What is the importance of life skills?
2. What is ego?
3. Explain the types of goals.
4. What is the importance of motivation?
5. Discuss the features of inferiority.
6. What is low self esteem?
7. Define self concept.
8. What are the advantages of positive thinking?
9. What is negative thinking? How can we overcome negative thinking?
10. Explain the factors of motivation.
11. Explain the features of planning for life.
12. Explain the benefits of self evaluation.

(10×2=20)

**Part B**

Answer any **six** questions.

Each question carries **5** marks.

13. Explain the scope and significance of choice theory.
14. What is fictional goal? Explain its characteristics.



15. What is self acceptance? Explain the importance of self acceptance.
16. What is thought and explain different type of thinking?
17. Explain different types of feelings and its characteristics.
18. Give some definitions of motivation and explain the factors of motivation.
19. Explain the characteristics of self-actualizing people.
20. What is personal evaluation? Explain its benefits.
21. Explain Johari Window theory.

(6×5=30)

### Part C

Answer any **two** questions.

Each question carries **15** marks.

22. Who put forward ABC theory? Explain the concept.
23. Explain the development of self-concept.
24. Write an essay on behavior.
25. What is personal evaluation? Explain the steps of self evaluation.

(2×15=30)