

QP CODE: 23104974



Reg No :

Name :

**B.VOC DEGREE REGULAR / IMPROVEMENT / REAPPEARANCE EXAMINATIONS,
FEBRUARY 2023
First Semester
PBOC104 - LIFE SKILL**

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

2018 Admission Onwards

D9DACF2E

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. What are life skills?
2. Who formulated the concept of id, ego and superego? Explain them.
3. What you mean by fictional goal?
4. What is motivation?
5. What are the situations contributing to faculty lifestyle?
6. What is self acceptance?
7. Explain self concept in early childhood.
8. What is divergent thinking?
9. How do you know a person have assertive behavior?
10. Explain the factors of de-motivation.
11. Explain the types of personal evaluation.
12. Explain the features of planning for life.

(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*



13. How is Glasser's choice theory different from Ellis' ABC theory?
14. Explain Alfred Alder's theory.
15. Significance of self concept.
16. Explain the features and benefits of positive thinking.
17. What is negative thinking and how can we overcome negative thinking?
18. Explain the ways in which motivation can be developed.
19. What is self-actualization need and explain its importance in human life?
20. What is self-evaluation? Explain its benefits?
21. Explain Johari Window theory.

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Analyse the contributions of Albert Ellis.
23. What is self esteem? Explain the factors that influence self esteem.
24. Write an essay on behavior.
25. What is self-evaluation? Explain the self evaluation maintenance theory put forward by Abraham Tesser.

(2×15=30)