

QP CODE: 25001126



Reg No :

Name :

**B.VOC DEGREE (REGULAR / IMPROVEMENT /REAPPEARANCE)EXAMINATIONS,
DECEMBER 2024**

First Semester

PBOC104 - LIFE SKILL

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

2018 Admission Onwards

A6687559

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

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

1. What are life skills?
2. Explain the characteristics of personality.
3. Evaluate life with Alfred Adler's theory.
4. What is motivation?
5. Discuss the features of inferiority.
6. Define self concept.
7. What is self acceptance?
8. Explain the different aspects of negative thinking.
9. How do you know a person have assertive behavior?
10. Explain the development of personality.
11. Discuss about some personal evaluation tips.
12. What is the importance of unknown area in Johari Window theory?

(10×2=20)

Part B

*Answer any **six** questions.*

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



13. What is ABC in Albert Ellis theory?
14. What are the characteristics of fictional goal?
15. Explain the development of self esteem.
16. What is thought and explain different type of thinking?
17. Explain the features and benefits of positive thinking.
18. Explain the characteristics of self-actualizing people.
19. Define motivation, its factors and the factors of de-motivation.
20. Explain how do you plan your life for success?
21. Explain the need and benefits of self-evaluation.

(6×5=30)

Part C

*Answer any **two** questions.*

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

22. Explain Choice theory.
23. Explain the development of self-concept.
24. Write an essay on behavior.
25. Explain the need of self assessment and how improve self assessment skill.

(2×15=30)