



# **MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMS  
2023/2024 ACADEMIC YEAR  
FIRST YEAR SECOND SEMESTER**

**SCHOOL OF ARTS, HUMANITIES, SOCIAL  
SCIENCES AND CREATIVE INDUSTRIES**

**BACHELORS OF ARTS IN SOCIAL WORK**

**COURSE CODE: SWK 1211-1**

**COURSE TITLE: LIFE SKILLS**

**DATE:15/5/2024**

**TIME: 0830-1030 HRS**

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**INSTRUCTIONS:**

- ANSWER QUESTION ONE (Compulsory)and any other TWO questions
- Question one carries 20 marks
- All other questions carry 15 marks

### **QUESTION ONE**

(a) State any four components of life skills. **(10 marks)**

(a) How can life skills make young people make informed choices?  
**(10 Marks)**

### **QUESTION TWO**

(a) Explain the importance of communication in life skills. **(10 Marks)**

(b) In your own view, describe how you can help young people overcome stress in their life. **(5 Marks)**

### **QUESTION THREE**

Clearly narrate the importance of Interpersonal skills and communication.  
**(15 Marks)**

### **QUESTION FOUR**

(a) Explain how you can overcome the challenge of HIV and AIDS by the support of life skills knowledge. **(10 Marks)**

(b) Discuss how you can help people in your community improve their low-self-esteem. **(5 Marks)**

### **QUESTION FIVE**

(a) Discuss the concept of life skills according to World Health Organization.  
**(10 Marks)**

(b) Highlight how you would encourage people to solve problems in their day today life. **(5 Marks)**

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