

UNDERGRADUATE END SEMESTER EXAMINATION - OCTOBER 2024**SEMESTER 5 : PSYCHOLOGY (OPEN COURSE)****COURSE : 19U5OCPSY1 : LIFE SKILLS DEVELOPMENT***(For Regular 2022 Admission and Supplementary 2021/2020 Admission)*

Time : Three Hours

Max. Marks: 75

PART A**Answer All (1 mark each)**

1. The study of how people use space while communicating is known as -----.
2. _____ is an organization of concepts, beliefs, motives, habits, and acts associated with a particular object.
3. The concept of conscious and unconscious levels of thought, with the unconscious cognitive processes influencing behaviour was given by -----.
4. According to the leadership grid, the most effective leadership style is _____ .
5. Communication from a general manager of a company to branch manager is an example for ----- communication.
6. Type of listening which can be seen in GD, interview and meetings is _____.
7. Edward de Bono has used the term _____ to what Guilford termed as divergent thinking.
8. Aaron Beck emphasizes ----- thinking based on testing the reality of perception of oneself, others and environment.
9. ----- is the introspection of ones strength and weakness.
10. _____ is a step-by-step procedure that will always produce the correct solution.

(1 x 10 = 10)**PART B****Answer any 8 (2 marks each)**

11. How can you develop self awareness?
12. If you had to rate yourself on a scale of 1 - 10 on assertiveness, what would be your score. Write about your future plan for being assertive in any given situation.
13. What is the importance of body language in an effective presentation?
14. How can you develop originality in creative thinking?
15. How can you ensure success in a group discussion?
16. Describe any one relaxation exercise.
17. Differentiate between intrinsic and extrinsic motivation.
18. Which are the four types of thinking tools used for lateral thinking?
19. Compare basic assertion and empathic assertion.
20. What do you mean by touch communication?

(2 x 8 = 16)**PART C****Answer any 5 (5 marks each)**

21. Identify the leadership style in the leadership grid which follows an authoritarian style. What are the results of such a leadership style?
22. Explain in detail the five dimensions of vocal message.

23. Your college is organising a placement drive and you are participating in that. What preparations will you make in the pre interview stage?
24. Define creativity. Reflect on the nature of creativity.
25. Suresh was unable to perform well in a group discussion in the campus placement and he approached you to suggest some tips to ensure success in group discussion. What are your suggestions?
26. To the best of your ability make a critical assessment of your vocal communication skills in the areas of VAPER.
27. Discuss different types of listening.

(5 x 5 = 25)

PART D

Answer any 2 (12 marks each)

28. With the help of an example explain the Eisenhower matrix. Explain in detail how to use a priority matrix to manage time efficiently.
29. Describe various barriers in effective communication. Discuss how the effectiveness of communication can be enhanced.
30. Research on characteristics of creative people has revealed that there are certain attitudes, dispositions, and skills which facilitate creative thinking. Think of some strategies to enhance creative thinking abilities and skills.
31. Is it possible to build assertive skill. If yes, explain ways to learn to be more assertive. Discuss in detail the benefits of being assertive.

(12 x 2 = 24)