



K22U 1580

Reg. No. : .....

Name : .....

IV Semester B.Sc. Degree CBCSS (OBE) Regular/Supplementary/  
Improvement Examination, April 2022  
(2019 Admission Onwards)

COMPLEMENTARY ELECTIVE COURSE IN PSYCHOLOGY  
4C 08 PSY : Soft Skills for Personal Development

Time : 3 Hours

Max. Marks : 40

PART – A  
(Short Answer)

(All questions are mandatory.)

(6×1=6)

1. Soft skills.
2. Self-efficacy.
3. Non verbal communication.
4. Self.
5. Slide show.
6. Mindfulness.

PART – B  
(Short Essay)

(Answer any 6 out of 8.)

(6×2=12)

7. Explain self concept.
8. What is eustress ?
9. Describe distortions in communication.
10. What is active listening ?
11. What is rational thinking ?
12. Explain Anger management.
13. Define CBT.
14. Discuss the importance of exercise.

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PART – C  
(Essay)

(Answer any 4 out of 6.)

(4×3=12)

15. Discuss IQ and EQ.
16. Explain fight or flight response.
17. Explain the ways to manage hostile.
18. Discuss the laissez fare leadership.
19. Explain the characteristics of soft skills.
20. What is problem focused therapy ?

PART – D  
(Long Essay)

(Answer any 2 out of 4.)

(2×5=10)

21. Briefly explain the importance of non verbal communication.
22. Discuss the various ways to develop self efficacy.
23. Explain the importance of mindfulness.
24. Elucidate the importance of eustress.