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K23U 1145

Reg. No. :

Name :

IV Semester B.Sc. Degree (CBCSS – OBE – Regular/Supplementary/
Improvement) Examination, April 2023
(2019 Admission Onwards)

COMPLEMENTARY ELECTIVE COURSE IN PSYCHOLOGY
4 C08PSY : Soft Skills for Personal Development

Time : 3 Hours

Max. Marks : 40

PART – A
(Short Answer)

All questions are mandatory :

1. Coping.
2. Cognitive appraisal.
3. Emotions.
4. Skills.
5. Child ego state.
6. Conflict.

(6×1=6)

PART – B
(Short Essay)

Answer any 6 out of 8 :

7. Explain the dimensions of soft skills.
8. Explain Johari's window.
9. What is crossed transaction ?

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10. Explain the democratic leadership.
11. How to develop assertiveness ?
12. What is audience analysis ?
13. Discuss the distortions in communication.
14. What is team building ?

(6×2=12)

PART – C
(Essay)

Answer any 4 out of 6 :

15. Explain the communication process.
16. Describe TA.
17. Explain the use of visual aids in presentation.
18. Describe the features of knowing self.
19. Explain the nature of stress.
20. How to enhance emotional intelligence ?

(4×3=12)

PART – D
(Long Essay)

Answer any 2 out of 4 :

21. Explain the styles of leadership.
22. Explain the methods to enhance self esteem.
23. Describe the methods to improve presentation.
24. Explain the importance of meditation and relaxation.

(2×5=10)