



K25U 0849

Reg. No. :

Name :

IV Semester B.Sc./B.A. Degree (C.B.C.S.S. – OBE-Regular/Supplementary/
Improvement) Examination, April 2025
(2019 to 2023 Admissions)

**COMPLEMENTARY ELECTIVE COURSE IN PSYCHOLOGY FOR B.A.
PHILOSOPHY**

4C08PSY : Soft Skills for Personal Development

Time : 3 Hours

Max. Marks : 40

**PART – A
(Short Answer)**

Answer **all** questions.

(6×1=6)

1. Eustress.
2. Leadership.
3. Gestures.
4. Ulterior transaction.
5. Self concept.
6. Active listening.

**PART – B
(Short Essay)**

Answer **any 6** out of 8.

(6×2=12)

7. Explain Non-verbal communication.
8. Define Audience analysis.
9. Explain conflict management.
10. Define Positive reinterpretation.
11. Explain Coping with stress.
12. Define Assertive communication.
13. Define Soft skills.
14. Explain Emotion focused coping.

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**PART – C
(Essay)**

Answer **any 4** out of 6.

(4×3=12)

15. What are the misconceptions about soft skills ?
16. Explain the steps in active listening.
17. Discuss styles of leadership.
18. Explain the objectives of presentation.
19. Explain problem focused coping methods.
20. Discuss contemporary theories of leadership.

**PART – D
(Long Essay)**

Answer **any 2** out of 4.

(2×5=10)

21. Elaborate on appraisal focused coping strategies.
22. Explain the components of effective delivery.
23. Elaborate on the components and feature of communication process.
24. Explain the characteristics and dimensions of soft skills.