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**Second Semester FYUGP Psychology Examination**  
**APRIL 2025 (2024 Admission onwards)**  
**KU2DSCPSY103 (SOFTSKILLS FOR PERSONAL**  
**DEVELOPMENT)**  
(DATE OF EXAM: 2-5-2025)

Time : 120 min

Maximum Marks : 70

**Part A (Answer any 6 questions. Each carries 3 marks)**

1. How feedback from others shapes self-concept? 3
2. List the dimensions of soft-skills. 3
3. Define paralanguage. 3
4. Define self-disclosure. 3
5. Define aggressive communication style. 3
6. What are the factors to be take care of while analysing your audience. 3
7. Discuss the effective use of gestures in a presentation. 3
8. Compare prompted, interactive visual aids with pre-canned presentations. 3

**Part B (Answer any 4 questions. Each carries 6 marks)**

9. Discuss principles of non-verbal communication. How does non-verbal communication complement verbal communication? 6
10. Explain the communication process with the help of a diagram. Describe the role of each component in effective communication. 6
11. Discuss the relevance of self-disclosure in effective communication. 6
12. Describe three main parts of presentation. 6
13. Apply audience analysis and objective of presentation in your delivery. 6
14. Compose a simple presentation plan to explain how you would use visual aids, your voice, and body language to show your passion and keep the audience interested. 6

**Part C (Answer any 2 question(s). Each carries 14 marks)**

15. Evaluate the limitations and benefits of the constructive coping strategies. 14
16. (a) Analyze the different common coping patterns such as giving up, acting aggressively, and blaming oneself and so on and elaborate their limitations. 7

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- (b) Compare and contrast the effectiveness of different coping strategies such as exercise , meditation , and relaxation in managing stress and promoting overall wellness. 7

17. Identify the importance of self-regulation and self-efficacy. Elaborate on self-defeating behavior. 14