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... Bastion of Knowledge...

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OFFICE OF THE DEPUTY PRINCIPAL
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UNIVERSITY EXAMINATIONS

2019/2020 ACADEMIC YEAR

FOURTH YEAR SECOND SEMESTER PARTTIME EXAMINATION

**FOR THE DEGREE OF BACHELOR OF
EDUCATION (ECPE)**

COURSE CODE: EPE 415

COURSE TITLE: LIFE SKILLS

DATE: 9TH DECEMBER, 2019

TIME: 2.00 PM – 5.00 PM

INSTRUCTION TO CANDIDATES

- SEE INSIDE

THIS PAPER CONSISTS OF 3 PRINTED PAGES

PLEASE TURN OVER

EPE 415: LIFE SKILLS

STREAM: BED (Arts)

DURATION: 3 Hours

INSTRUCTIONS TO CANDIDATES

- i. Answer Question **ONE** and any other **TWO** questions.
- ii. Do not write on the question paper.

Question One

- (a) Define the phrase life skills education (3 Marks)
- (b) Explain five guiding principles of Kenya vision 2030 (5 Marks)
- (c) Outline 6 social benefits of life skills to society (6 Marks)
- (d) Explain 6 ways of managing emotion (6 Marks)
- (e) Enumerate 5 skills of knowing and living with others (5 Marks)
- (f) Explain 5 factors that enhance effective communication (5 Marks)

Question Two (6)

- a) Life skills education helps the youth to counter the challenges they face today. Discuss 5 challenges the youth face and explain how life skills can be used to counter them (10 Marks)
- b) Explain FIVE educational benefits of life skills education to society today. (10 Marks)

Question Three

- (a) Explain FIVE causes of stress among the youth (6 Marks)
- (b) Using relevant examples, discuss ways in which learners can cope with stress (14 Marks)

Question Four

- a) Evaluate TEN causes of conflicts among learners (10 Marks)
- b) Discuss the effects of unresolved conflicts in society. (10 Marks)

Question Five

a) Using relevant examples, discuss FIVE common living values that are essential for survival. (10 Marks)

b) Explain 5 benefits of having core living values among youthful learners. (10 Marks)
