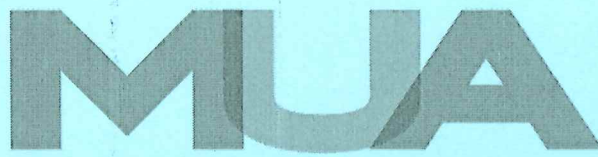


The
Management
University
of Africa



Sponsored by the Kenya Institute of Management

CERTIFICATE UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

CERTIFICATE COMMON UNIT

CCU 101 : SOCIAL SKILLS

DATE: 6TH AUGUST 2019

DURATION: 2 HOURS

MAXIMUM MARKS: 70

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. Write all your answers in the Examination answer booklet provided.

QUESTION ONE

Read the Case Study below carefully and answer the questions that follow:

FUNCTIONAL ALCOHOLIC

For years Lydia has been a self-described "functional alcoholic." that is, she did not drink during the day and continued with her job without bringing attention to the fact that she had a problem. As soon as her children were seated at the dining room table, eating dinner, she started to drink wine heavily. Her colleagues were unaware of the effect this dependency was having on her family specifically her two young children.

Lydia had always drunk a lot, but following a brain aneurism, leading to a period of extended sick leave, alcohol started to affect her in a different way. This was combined with depression and stress caused by a particularly difficult student in her class. Finally, the culmination of work pressures, her family breaking down, and the realization that her drinking was a problem led Lydia to admit herself into a residential rehab program. At the time, although admitting to herself that she needed help, Lydia was unable to tell her Head teacher (principal) that she was an alcoholic, concerned about what he may think. She worried whether or not she should tell the truth. Her concern about the stigma surrounding alcohol and the fact that one of her children was at the school where she taught made her decided to tell her employer that she had had a nervous breakdown linking it to her previous sickness and that she was entering a residential rehab clinic. In the course of the conversation she did admit that alcohol may have played a part in her breakdown. People try drugs or other potentially addictive behavior because they are seeking some sort of reward or benefit. Drugs have a marked effect on the body and mind.

Required:

- a) Discuss **SEVEN** effects of drug and substance abuse on health today (14marks)
- b) List down **SIX** effective after care treatment that can be used to help Lydia. (6 Marks)
- c) Explain **FIVE** symptoms of drug dependency. (10marks)

QUESTION TWO

Explain the following terms.

- (i) Assertiveness (2marks)
- (ii) CD4 Cell Count (2marks)
- (iii) AIDS (2marks)
- (iv) TB IRIS (2marks)
- (v) HIV (2marks)

QUESTION THREE

As a student time management is a very important tool. Clearly explain some FIVE tips of time management. (10 Marks)

QUESTION FOUR

- a) Describe FIVE factors why child labor exists (5marks)
- b) Describe FIVE means in which HIV is spread (5marks)

QUESTION FIVE

- a) Highlight FOUR skills that would help a university student cope with stress (4 Marks)
- b) Identify THREE purposes of life skills to the individual. (6 Marks)

QUESTION SIX

Critically assess any FIVE factors that are impediment to critical thinking.

(10 Marks)

