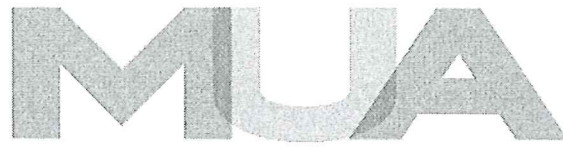


The
Management
University
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CERTIFICATE UNIVERSITY EXAMINATIONS
SCHOOL OF MANAGEMENT AND LEADERSHIP
CERTIFICATE COMMON UNIT

CCU 101: SOCIAL SKILLS

DATE: 31ST JULY 2023

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:

A CASE STUDY OF LIFE SKILLS

Murgor has chosen to do a course in civil engineering. He has enrolled for a degree course which takes five years of full-time study. After one year, Murgor is completely fed up. He does not want to hear of this course at all. Already, he has had two retakes. He has withdrawn from his friends and family because he does not want anybody asking him about the course. Murgor is stressed. His father does not want to see him because of his poor grades in the course. Anytime they meet accidentally in the house, his father shouts at him and Murgor locks himself back in the room. His mother fears this behaviour might lead him into severe depression. Murgor tells his mother that he does not want to continue studying civil engineering. The parents who have used a lot of money on this course so far are reluctant about this.

Required:

- a) Discuss any four skills of knowing and living with oneself (8marks)
- b) Discuss any four challenges that may require effective decision making from the youth. (8marks)
- c) Explain any three skills of effective decision making (6marks)
- d) Highlight any four ways of managing stress (8marks)

QUESTION 2

- a. Differentiate between assertiveness and aggressiveness (4marks)
- b. Explain any three ways of cultivating self-awareness (6 marks)

QUESTION 3

- a. Define Empathy (2marks)
- b. Explain any four ways of coping with emotions (8 marks)

QUESTION 4

- a. Define the term child rights (2 marks)
- b. Examine any four causes of child labour (8 marks)

QUESTION 5

- a. State any two study techniques that you can adopt as a student (2 marks)
- b. Describe any four attributes of a good student (8 marks)

QUESTION 6

- a. Discuss the three main stages of HIV infection (6 marks)
- b. State any four sexually transmitted infections (4 marks)

