



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

SECOND YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
SECOND SEMESTER 2021/2022
[JUNE-SEPTEMBER, 2022]

BCPS 216: LIFE ENHANCEMENT AND SOCIAL SKILLS

STREAM: Y2S2

TIME: 2 HOURS

DAY: TUESDAY, 3:00 – 5:00 PM

DATE: 06/09/2022

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer question ONE (Compulsory) and any other TWO questions.***

QUESTION ONE

- A. Clearly state the difference between the following terms:
- | | |
|---|--------|
| i. Social skills and survival skills | 4marks |
| ii. Assertiveness and aggression | 4marks |
| iii. Confidence and cooperation | 4marks |
| iv. Social inclusion and social exclusion | 4marks |
- B. Explain any two key aspects in practicing social skills.
- C. Identify and explain any three important elements in the development of communication skills.

QUESTION TWO

- A. Social skills are like a ship that takes you across the sea of life. It doesn't matter how fast your engine is or how clever your navigation is; if you've got leaks in the hull, you won't get very far. Discuss this in relation to respecting the opinion of others. 10marks
- B. Define what social competence is and give four factors which can affect social competence. 10marks

QUESTION THREE

A. Clearly distinguish between body language and sign language. (5marks)

B. Explain the different meanings expressed by the following non-verbal communication cues: gestures, haptics (touch), and proxemics (distance). (15marks)

QUESTION FOUR

A. Study skills are a critical path to a student's success. Discuss. (10marks)

B. State and explain five key principles necessary in order for an individual to take charge of his own life. (10marks)

QUESTION FIVE

A. Define the term panic attacks and explain how an individual can control the attacks. (10marks)

B. Illustrating your answer with five examples, explain how you can become more assertive. (10marks)