



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

SPECIAL EXAMINATIONS
SECOND YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
FIRST SEMESTER, 2021/2022
(FEBRUARY - JUNE, 2022)

BCPS 216: LIFE ENHANCEMENT AND SOCIAL SKILLS

STREAM: Y2 S1

TIME: 2 HOURS

DAY:

DATE:

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 [4 marks]
- iii. Confidence and cooperation [4 marks]
- iv. Social inclusion and social exclusion [4 marks]

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. [10 marks]

B. Define what social competence is and give four factors which can affect social competence. [10 marks]

QUESTION THREE

a. Clearly distinguish between body language and sign language. [5 marks]

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

QUESTION FOUR

a. Study skills are a critical path to a student's success. Discuss. [10 marks]

b. State and explain five key principles necessary in order for an individual to take charge of his own life. [10 marks]

QUESTION FIVE

a. Define the term panic attacks and explain how an individual can control the attacks. [10 marks]

c. Illustrating your answer with five examples, explain how you can become more assertive. [10marks]