MAR ATHANASIUS COLLEGE OF ENGINEERING
KOTHAMANGALAM – 686 666, KERALA.

Second Sessional Examination, DECEMBER–2024, S1 M (A&B)

LIFE SKILLS (*B24MC1T01*)

Time – 2 Hours **Maximum Marks: 50**

PART A (4 x 5 marks)

1) Define life skills and list out any four life skills identified by WHO ?
2) Reflect on a recent challenge you faced in a social situation (like a difficult conversation). What specific strategies did you use to navigate that situation and how did they impact your confidence and interpersonal skills?
3) List the differences between transactional and transformational leadership .
4) Someone promises to give you Rs. 5000 after 10 years in exchange for Rs. 1000 today. What interest rate is implicit in this offer?

PART B

5) Based on the case study given below answer the following questions.

Background: Riya is a third-year undergraduate student majoring in English Literature at a college in Chennai. Coming from a small town in Tamil Nadu, Riya initially found it exciting to be in a large city, enjoying the exposure to diverse cultures, people, and experiences. She is an avid reader and enjoys writing poetry, often sharing her work on her personal blog. However, over the past few months, Riya has been feeling a growing sense of discomfort with the choices her friends are making. Many of her peers have started going to parties frequently, posting heavily edited photos on social media, and discussing the latest fashion trends. While Riya enjoys spending time with her friends, she often feels out of place in conversations centered around appearances and material possessions.

She worries that she doesn't fit in because she prefers simpler activities like visiting bookstores, attending poetry readings, or watching classic Indian films. Some of her friends tease her for being "too old-fashioned," and Riya now feels a subtle pressure to change the way she dresses and presents herself on social media. While she values her friendships, she doesn't want to lose sight of who she is. Riya confides in her life skills mentor, wondering how to maintain her sense of identity without alienating her social circle. She also feels uncertain about how to assert herself when her values don't align with those of her peers.

Questions for Analysis: (5 x 6 marks)

a) What are the primary conflicts faced by Riya in her social life?
b) How can Riya maintain her individuality while still being part of her social circle?
c) What role does self-esteem play in Riya's situation, and how can she strengthen it?
d) How can Riya communicate her feelings to her friends in a respectful and assertive manner?
e) What steps can Riya take to cultivate relationships with people who share her interests and values?