

MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY

Department of Education Planning and Management

EPM 111: SEMESTER 2: 2023 (CAT)
COURSE TITLE: LIFE SKILLS IN EDUCATION

INSTRUCTIONS : ATTEMPT ALL QUESTIONS

Question one

a) Explain the challenges that may hinder students from attaining life goals. (5marks)

Social issues;

Poverty, inadequate education, lack of parental care, poor time management, drug abuse, drop out of Schools, peer pressure, unstable families, health issues, laziness, corruption

Economic issues;

Inadequate finances to cater for fees in education progress, disasters like floods and drought, inadequate basic needs...

Political issues;

Tribal clashes, violent communities, approve of wrong policies, political turbulence in School leadership which negatively affect students' progress.

(Any 5points well explained= 5marks)

b) Discuss how students can mitigate the above challenges.(10marks)

Students should;

be creative, adhere to the school rules, be good time managers, not involve themselves in drug abuse issues, work hard and commit to goals assigned to them, stick to their visions and missions of achieving the set goals, remain focused and committed to their education endeavors, be transparent and accountable for any decision taken.

(Any 5points well explained= 10marks)

Question two

a) Explain the importance of self-awareness to a student in a learning institution (5marks)

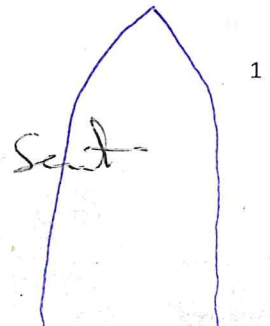
Importance of Self-Esteem

- Being yourself and always staying happy with purpose, goals, values and vision of life
- Enables someone to appreciate different opinions, leading to positive relations with others.

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- Leads to the ability to express oneself and enables a person to defend their actions and stand by their principles.
- Enables people to face their challenges and overcome them
- People with high self-esteem do not fear uncertainties, and reduce anxiety and stress in their lives.
- People with high self-esteem develop resilience to help them deal with the ups and downs of life.
- Getting along well with others and maintaining relationships without needing approval.

(Any 5 points well explained = 5 marks)

b) Discuss any five values that will enable a learner to cope with emotions (10 marks)

Values that promote coping with emotions:

Understanding, love, Respect, Safety, Peace, Tolerance, Patience, Responsibility, Cooperation, Humility and Simplicity

Peace: Peace is the original quality of the self. In its purest form, peace is inner silence. It consists of positive thoughts, pure feelings and good wishes to have peace you need patience.

Love: Where there is love, there is a world. Love looks on all with a vision of equality. Love is all giving without any thought of a return. A heart that has love is able to accommodate the whole universe and still has space for more.

Respect: This is about placing value on the life and existence of self and others.

Tolerance: The ability to tolerate situations enhances quietness and internal happiness. Tolerance enables a person to accommodate various circumstances.

Responsibility: every person has a role to play in this world. Responsibility requires each individual to perform their duty diligently and as required.

Humility: Humility is dedication to the extent that no acknowledgement is sought for the self. Humility allows you to learn. There is great strength in humility. It never holds on to anyone for support. Everyone bows down to those who bow down first.

Honesty: Speak with honesty and you will get a chance to learn. The one who is honest will speak about themselves first, not about others.

Cooperation: It is based on faith, love, trust and understanding. It is not a bargaining game, in which one person's success is achieved at the expense of another's. Real cooperation takes place when there are good wishes and pure feelings for each other.

Happiness: There is happiness when each moment is used in a worthwhile way. Happiness is such nourishment that it can transform a person, from weak to powerful, it makes difficult things easy heavy things light.

Simplicity: Simplicity is identifying and being comfortable with those elaborate circumstances which shape our lives without worrying or making matters complicated.

Freedom: Freedom starts in the mind. Understanding the self is the key to freedom. The more one understand the self, the easier it is to be liberated from waste. Freedom means to be uninfluenced, Unaffected and to be at peace with the self.

Unity: Unity is harmony within and among individuals. It is built from a shared vision and for the common good. Unity is appreciating the values of each Individual and their unique contributions.

(Any 5points well discussed= 10marks)

