



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY MAIN EXAMINATIONS

2021/2022 ACADEMIC YEAR

**SECON YEAR SECOND SEMESTER EXAMINATIONS
FOR THE DIPLOMA
OF
HUMAN NUTRITION AND DIETETICS**

COURSE CODE: DND 072
COURSE TITLE: LIFE SKILLS

DATE: 20st APRIL 2022

TIME: 3:00 PM–5:00PM

INSTRUCTIONS TO CANDIDATES

Answer ALL questions in SECTIONS A and B
Answer TWO question in SECTION C

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.

SECTION A: ANSWER ALL QUESTIONS (10 MARKS)

In question 1-4 match the statement with the most appropriate word in the choices A, B, C, D provided in the box bellow.

Statement	A- Self- control	B- Self- evaluation	C- Decision making	D- Problem solving
1. A student from a humble background decides to apply for the work study, he does it and gets enrolled into the Programme successfully, pays the arrears and avoids the impending deferment had she not cleared the arrears.				
2. You attend a birthday party where peers drink and engage into sexual activities carelessly, a young beautiful lady approaches you to take alcohol but you decline.				
3. AFC Leopards is your favorite club, the team is playing with the team from your university at a time you are expected to attend a lesson, you forgo the match to attend the class				
4. You realized that your strengths is drama, you decide to start a drama club in the university to bring more students with same talent on board and also help you promote your talent.				

5. _____ people state their opinions while still being respectful of others.
- A. Aggressive
 - B. Passive
 - C. Assertive
 - D. Respectful
6. Which of the following statements differentiates between mood and emotions?
- A. Mood describes physical health while emotions describe the psychological health
 - B. Emotions last longer while mood last only few minutes
 - C. Emotions last few minutes while moods last longer
 - D. None of the Above
7. The statement, “I think am too skinny to stand in front of class to present this assignment, I will be absent for the today’s class” shows _____
- A. High self-image
 - B. High self-esteem
 - C. Low self-esteem
 - D. Low self-image
8. Which one of the following would require a problem-solving skill?
- A. A student who has just excelled in her exams
 - B. HIV and AIDS patient
 - C. All of the Above
 - D. None of the Above

9. Proper positioning of a baby while breastfeeding among mothers is an example of _____.
- A. Attitude
 - B. knowledge
 - C. skills
 - D. Aggressiveness
10. Which one of the following is **NOT** a practical health related skill?
- A. Boiling drinking water.
 - B. Washing fruits before eating
 - C. Abstinence from sex.
 - D. None of the Above.

SECTION B: ANSWER ALL QUESTIONS (30 MARKS)

11. You realize that a friend you are living in his room at the campus is a drug addict, he recently asked you to take drugs with him or find your own room, however, you don't have enough money to secure a room. Apply **THREE** skills and make effective decisions. (6 marks)
- B. A. Distinguish between peer pressure and peer influence (2 marks)
 - C. Give **TWO** real life examples of the two. (4 marks)
12. Give **THREE** differences between sympathy and empathy. (6 marks)
13. Explain **THREE** components of life skills, giving a real-life scenario for each (6 marks)
14. State **SIX** aims of life skill education (6 marks)

SECTION C: THE SECTION CONTAINS THREE QUESTIONS. ANSWER ONLY

TWO QUESTIONS (30 MARKS)

15. Write down a personal SWOT analysis. (15 marks)
16. Discuss **FIVE** skills of knowing and living with oneself (15 marks)
17. Discuss **FIVE** benefits of life skills education (15 marks)