

**DIPLOMA IN VALUE EDUCATION (DPVE)**

**Term-End Examination**

**December, 2021**

**BEDS-005 : LIFE SKILLS EDUCATION**

*Time : 3 hours*

*Maximum Marks : 100*

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**Note :** Answer any **five** questions. All questions carry equal marks.

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1. What are Life Skills ? Explain the importance of life skills. 20
2. What do you understand by Creative Thinking ? Discuss various types of creativity. 20
3. Define Personality. Describe the characteristic features of personality. 20
4. Explain the basic principles of Time Management skills. 20
5. What are the causes of Stress ? Describe strategies of Stress Management. 20
6. What are the attributes of Teamwork ? Discuss the stages of team building. 20

7. Explain various characteristics of effective communication. Why is effective communication important ? 20
8. Write short notes on any **two** of the following : 10+10=20
- (a) Counselling
  - (b) Negotiating Skills
  - (c) Human Well-being
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