



**MASENO UNIVERSITY**  
**UNIVERSITY EXAMINATIONS 2013/2014**

FIRST YEAR FIRST SEMESTER EXAMINATIONS FOR THE  
DEGREE OF BACHELOR OF ARTS IN SOCIOLOGY &  
ANTHROPOLOGY WITH INFORMATION TECHNOLOGY  
(CITY CAMPUS - EVENING)

**ASO 102: SOCIAL SURVIVAL SKILLS**

*Date: 26<sup>th</sup> November, 2013*

*Time: 5.30 - 7.30 p.m.*

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**INSTRUCTIONS:**

- **Answer ANY THREE questions.**

**ASO 102 : SOCIAL SURVIVAL SKILLS**

**FIRST YEAR: FIRST SEMESTER**

**KISUMU CITY CAMPUS COLLEGE**

Answer any **THREE** questions

1. Explain what you understand by social survival skills and why it is relevant to study them. (23.3mks)
2. Discuss the importance of respecting opinion of others. (23.3mks)
3. a) Explain the nature of panic attack. (6 mks)  
b) Discuss some measures an individual can use to cope with panic attack. (17.3 mks)
4. a) Explain what mental illness is. (5.3 mks)  
b) Discuss any **THREE** types of mental illness and how they may affect an individuals performance. (18 mks)
5. Discuss why it is important for people who are overweight to loose it. (23.3mks)
6. Explain what you understand by "social competence" and its relevance to social survival skill. (23.3mks)