**KENYA MEDICAL TRAINING COLLEGE -RERA CAMPUS**

**DEPARTMENT OF COMMUNTY NUTRITION**

**CERTIFICATE IN COMMUNITY NUTRITION**

**LIFE SKILLS**

**LSK113**

**Answer all questions**

**SECTION A**

1. Identify a drug that is not commonly abused.
2. Alcohol
3. Marijuana
4. Cocaine
5. Depressants
6. Leisure is not spent effectively when spent
7. Bird watching
8. Sleeping
9. Hiking
10. Doing Yoga
11. Which one of the following involves dealing with conflict with a aspect of self sacrifice
12. Collaborating
13. Accommodating
14. Avoiding
15. Compromising
16. Creative thinking is associated with the following characteristics except
17. Originality
18. Flexibility
19. Fluency
20. Extremism
21. Identify a characteristic that is not associated with time wasters
22. Perfectionism
23. Procrastination
24. Too much socializing
25. Prioritization
26. Healthy relationships cannot be developed through
27. Constant use of mobile technology
28. Giving people your time
29. Developing empathy
30. Accepting and celebrating differences
31. According to the United Nation Convention, children have a right to resources, skills and contributions necessary for their growth, theses rights are called?
32. Protection rights
33. Participation rights
34. Survival and development rights
35. Right to life
36. Which one of the following is the first step to effective decision making
37. Recognizing situations that demands a decision
38. Brainstorming
39. Gathering facts and information
40. Identifying core personal values
41. Time management is important because it helps to increase the following apart from
42. Perfectionism
43. Effectiveness
44. Efficiency
45. Productivity
46. Which one of the following is not a form of positive stress
47. Starting a new job
48. Daily hustles
49. Marriage
50. Having a baby

**SECTION B (40 marks )**

1. Identify and briefly explain the three categories of life skills according to World Health Organization (6 marks )
2. List any 4 living values ( 4 marks )
3. State 5 ways of boosting self esteem (5 marks)
4. Briefly explain any 5 challenges that may hinder the attainment of life goals (5 marks)
5. Define the following terms (10 marks)
6. Self awareness
7. Child rights
8. Gender
9. Conflicts
10. Negotiation
11. Distinguish between ( 10 marks)
12. Empathy and sympathy
13. Assertiveness and aggressiveness
14. Critical thinking and creative thinking
15. Peer pressure and peer influence
16. Good feelings and bad feelings

**SECTION C (40 marks)**

1. Explain ways in which HIV is transmitted and discuss ways of preventing the spread of HIV/AIDS (20 marks)
2. Discuss the skills used in resolving a conflicts (20 marks )

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**INTRODUCTION TO BEHAVIOURAL SCIENCE**

**IBS114**

**SECTION A**

1. According to piaget’s theory of cognitive development, which one of the following is the third stage.
2. Formal operational stage
3. Sensory mortar stage
4. Preoperational stage
5. Concrete operational stage
6. Which one of the following is not a personality disorder
7. Histrionic
8. Boarder line
9. Phlegmatic
10. Schizoid
11. Learning by observing the behavior of a model occurs through
12. Social learning
13. Operant conditioning
14. Classical conditioning
15. None of the above
16. Identify the highest human need according to Abraham Maslow.
17. Physiological needs
18. Self actualization needs
19. Safety needs
20. Esteem needs
21. According to McClelland’s needs theory, people with a high need for achievements have the following characteristics except.
22. A desire to establish and maintain friendly relations
23. A desire for performance feed back
24. Tendency to set moderately difficult goals
25. A desire to assume personal responsibility for performing a task
26. Which one of the following is not a symptom of stress
27. Oversleeping
28. Changes in eating habits
29. Negligence of personal hygiene
30. Taking a walk
31. Identify the personality trait is not among the big five personality traits
32. Pessimistic
33. Agreeableness
34. Openness
35. Conscientiousness
36. Which one of the following is a physiological motive
37. Respect
38. Values
39. Affection
40. Food
41. Memory that is relatively permanent is called
42. Short term memory
43. Long term memory
44. Sensory memory
45. All of the above
46. Forgetting can be caused by
47. Ineffective encoding
48. Exercising
49. Sleeping
50. Recitation

**SECTION B (40 marks)**

1. Define the following terms ( 10 marks )
2. Behavioral science
3. Developmental psychology
4. Personality
5. Motivation
6. Stress
7. List five principals of sociology (5 marks )
8. Differentiate between the following terms and concepts in behavioral science (10 marks)
9. Eustress and distress
10. Psychology and sociology
11. Drives and motives
12. Frustrations and conflicts
13. Normal behavior and abnormal behavior
14. State five principles of learning (5 marks)
15. List five signs and symptoms of stress (5 marks)
16. Identify 5 ways in which attitudes are formed (5 marks )

**SECTION C (40 marks)**

1. Discuss the theories of motivation (15 marks)
2. Discuss the roles of behavior science in community health (15 marks)
3. Identify and explain the emerging issues and trends in behavioral science (10 marks)