**KENYA MEDICAL TRAINING COLLEGE -RERA CAMPUS**

**DEARTMENT OF COMMUNTY NUTRITION**

**CERTIFICATE IN COMMUNITY NUTRITION**

**LIFE SKILLS**

**LSK113**

**Answer all questions**

**SECTION A**

1. Creative thinking is associated with the following characteristics except
2. Originality
3. Flexibility
4. Fluency
5. Extremism
6. Time management is important because it helps to increase the following apart from
7. Perfectionism
8. Effectiveness
9. Efficiency
10. Productivity
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. Identify a characteristic that is not associated with time wasters
17. Perfectionism
18. Procrastination
19. Too much socializing
20. Prioritization
21. Leisure is not spent effectively when spent
22. Bird watching
23. Sleeping
24. Hiking
25. Doing Yoga
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. Which one of the following is the first step to effective decision making
32. Recognizing situations that demands a decision
33. Brainstorming
34. Gathering facts and information
35. Identifying core personal values
36. Which one of the following is not a form of positive stress
37. Starting a new job
38. Daily hustles
39. Marriage
40. Having a baby
41. According to the United Nation Convention, children have a right to resources, skills and contributions necessary for their growth, theses rights are called?
42. Protection rights
43. Participation rights
44. Survival and development rights
45. Right to life
46. Identify a drug that is not commonly abused.
47. Alcohol
48. Marijuana
49. Cocaine
50. Depressants

**SECTION B (40 marks )**

1. Define the following terms (10 mks)
2. Self esteem
3. Negotiation
4. Empathy
5. Child rights
6. Child labour
7. Differenciate between the following terms (8 mks)
8. Intra personal and interpersonal conflicts
9. Intra- group conflict and inter group conflict.
10. Identify 2 institutions that resolve conflicts in the community (2 mks)
11. List the 4 basic types of relationships (4 mks)
12. Identify 6 ways of developing healthy relationships (6 mks)
13. List 5 gender roles assigned to men in your community (5 mks)
14. State 5 causes of drugs and substance abuse among young people in your community (5 mks)

**SECTION C (40 marks)**

1. Discuss living values associated with positive stress management (20 mks)
2. Define leisure, discussing the activities for positive leisure and the effects of misuse of leisure time (20 mks)

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**INTRODUCTION TO BEHAVIOURAL SCIENCE**

**IBS114**

**SECTION A**

1. Which one of the following is not a personality disorder
2. Histrionic
3. Boarder line
4. Phlegmatic
5. Schizoid
6. Forgetting can be caused by
7. Ineffective encoding
8. Exercising
9. Sleeping
10. Recitation
11. Identify the highest human need according to Abraham Maslow.
12. Physiological needs
13. Self actualization needs
14. Safety needs
15. Esteem needs
16. Identify the personality trait is not among the big five personality traits
17. Pessimistic
18. Agreeableness
19. Openness
20. Conscientiousness
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. Learning by observing the behavior of a model occurs through
27. Social learning
28. Operant conditioning
29. Classical conditioning
30. None of the above
31. Which one of the following is not a symptom of stress
32. Oversleeping
33. Changes in eating habits
34. Negligence of personal hygiene
35. Taking a walk
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. According to piaget’s theory of cognitive development, which one of the following is the third stage.
47. Formal operational stage
48. Sensory mortar stage
49. Preoperational stage
50. Concrete operational stage

**SECTION B (40 marks)**

1. Define the following terms ( 10 marks )
2. Motivation
3. Human psychology
4. Developemental psychology
5. Community health
6. Abnormal behavior
7. With the aid of a well labeled diagram, list human needs from the lowest to the highest according to Abraham Maslow (5 mks)
8. List any 5 personality disorders (5 mks)
9. Identify 6 ways in which attitudes are formed (6 mks)
10. State the 4 main stages of cognitive / interllectual development in theire order according to Piaget’s theory. (4 mks)
11. List any 5 causes of stress among students of KMTC RERA (5 mks)
12. State 5 principles of sociology (5 mks)

**SECTION C (40 marks)**

1. As much as we remember we tend to forget. Discuss ways in whichfrgetting can occur (20 mks)
2. Discuss the theories of learning (20 mks)