



**PRACTICE SET**  
**End Semester Examination, Spring- 2026**

**Program: LLB**  
**Semester: IV**  
**Subject: Life Skills & Development**  
**Subject Code: 24D.218**

**Course Outcome:**

On the completion of the Course, the students will be able to:

<b>Course Outcomes</b>	<b>Description</b>
<b>CO1</b>	Bring forth the abilities that promote mental well-being and competence in young people as they face the realities of life.
<b>CO2</b>	Take positive actions to protect themselves and to promote healthy and meaningful social relationships

**UNIT I**

**Section A (10 marks)**

1. Explain self development .( CO 1 ) (understand LOT)
2. Discuss THREAT in SWOT analysis ( CO 1). ( Understand - LOT)
3. Evaluate the importance of emotional intelligence (CO2) (EvaluateHOT )
4. Interpret the place of Life Skills in self growth. (CO1) ( HOT)
5. Construct steps to goal setting for your career. (CO1) ( HOT)
6. Summarize the importance of emotional intelligence . (CO2) (LOT)

**Section B (20 marks)**

7. Analyse the importance of active listening, empathy, teamwork, conflict resolution and flexibility with reference to formal interpersonal skills. (CO2) (HOT)
8. Justify the statement , “ attitudes affect life skills”. ( CO2,) ( HOT)
9. Assess the value of character traits in the workplace . (CO2) ( HOT)
10. Determine how self motivation leads to self growth . (CO1) ( HOT)

## **UNIT II**

### **Section A (10 marks)**

11. Show the process of communication highlighting the importance of feedback. (CO2) ( LOT)
12. Discuss the barriers of communication . ( CO1) ( LOT)
13. Examine the importance of listening skills. ( CO2) ( HOT)
14. Identify the steps to build writing skills. ( CO2) ( HOT)
15. List the steps to planning an oral presentation . ( CO2) ( LOT)
16. Analyze phonemic awareness , vocabulary , comprehension and fluency with reference to reading skills .(CO2) ( HOT )

### **Section B (20 marks)**

17. Examine the importance of grammar, vocabulary, pronunciation, fluency and comprehension in acquiring speaking skills . ( CO1, CO2) ( HOT)
18. Identify the barriers of communication and give solutions to minimise them . ( CO1) ( HOT)
19. Justify the impact of visual aids in an oral presentation . ( CO2) ( HOT)
20. Examine types of communication with examples . (CO2) HOT)

## **UNIT III**

21. Examine the factors responsible for stress in daily life . ( CO 2) ( HOT)
22. List important techniques for time management . ( CO1, CO2) ( LOT)
23. Evaluate the contribution of role conflict in creating stress . ( CO2) ( HOT)
24. Justify the need for physical activity in coping with stress . ( CO2) ( HOT)
25. List the traits of prudent managers . ( CO 2) ( LOT)
26. Assess the dual roles of women who handle home and career . ( CO2) ( HOT)

### **Section B (20 marks)**

27. Justify the relationship between time management and stress management . ( CO2) (HOT)
28. Develop a plan for yourself to cope with daily challenges of life .(CO 1)( HOT)
29. Evaluate the importance of family and close friends for decreasing stress in today's life . ( CO2) ( HOT)
30. Justify that mental health and physical health are essential for self growth.(CO 1) ( HOT)

## **UNIT IV**

31. Discuss the traits of leadership . ( CO2) ( LOT)
32. Summarise the specific qualities of your favourite leader . ( CO2) ( LOT)
33. Illustrate the need for goal setting in career . ( CO2) ( LOT)
34. Compare vision & mission as leadership and administrative qualities . ( CO2) ( HOT)
35. Assess the importance of knowledge about self and the team for a leader. ( CO2) ( HOT)
36. Analyze listening skills as a key leadership quality .( CO2) ( HOT)

### **Section B (20 marks)**

37. Evaluate decision making skills for administration . ( CO2) ( HOT)

38. Assuming the role of an Indian leader, plan a decision to handle the present LPG crisis( CO2) ( HOT)

39. Analyse the importance of communicative skills for good administration . ( CO2) ( HOT)

40. Plan a mission for your team to realise a specific vision . ( CO2) ( HOT)

**Summary Sheet**

**CO Wise**

<b>CO</b>	<b>Q. No</b>	<b>Marks</b>
CO1	1,2,4,5,10,12,17,18,,22,28,30	160
CO2	3,6,8,19,20,23,29,5,8,9,11,13,14,15, ,16,21,22, 24,25,26.27,3,7,17,31,32,33,34,35, 36,37,38,39,40	340
<b>Total</b>		<b>500</b>

**Unit Wise**

<b>Unit</b>	<b>Q. No</b>	<b>Marks</b>
Unit 1	1,2,3,4,5,6,7,8,9,10	125
Unit 2	11,12,13,14,15,16,17,18,19,20	125
Unit 3	21,22,23,24,25,26,27,28,29,30	125
Unit 4	31,32,33,34,35,36,37,38,39,40	125
<b>Total</b>		<b>500</b>

**Blooms Taxonomy Level (BTL) Wise**

<b>BTL</b>	<b>Q. No</b>	<b>Marks</b>
LOT	1,2,6,11,12,15,22,25,31,32,33	110
HOT	3,4,5,7,8,9,10,13,14,16,17,18,19,20,21,23,24 .26,27,28,29,30,34,35,36,37,38,39,40	390
<b>Total</b>		<b>500</b>

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**Disclaimer:** -This is a Practice set. The Question in the End term examination will differ from the Practice set. This Practice set is meant for practice only.