



The Co-operative University of Kenya

END OF SEMESTER EXAMINATION APRIL-2019

EXAMINATION FOR THE DEGREE OF BACHELOR OF COMMERCE

(YR II SEM II)

UNIT CODE: BUCU 2103

UNIT TITLE: LIFE SKILLS

DATE: 8TH APRIL, 2019

TIME: 9:00 AM – 11:00 AM

INSTRUCTIONS:

- Answer question **ONE (compulsory)** and any other **TWO** questions

QUESTION ONE

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- a) Define stress management (2 Marks)
- b) Explain four benefits of studying life skills (8 Marks)
- c) Discuss the importance of management time (10Marks)
- d) Explain five measures of controlling emerging disasters (10Marks)

QUESTION TWO

- a) Discuss five causes of drug and substance abuse (10 Marks)
- b) Explain five measures of managing drug and substance abuse (10Marks)

QUESTION THREE

- a) Identify and explain five agents perpetuating gender discrimination in society today (10 Marks)
- b) Discuss five strategies of eliminating gender discrimination (10 Marks)

QUESTION FOUR

- a) State four ways in which HIV and AIDS is transmitted (4 Marks)
- b) Identify six signs and symptoms of HIV and AIDS (6 Marks)
- c) Explain five measures of preventing spread of HIV and AIDS (10 Marks)

QUESTION FIVE

- a) Explain four importance of developing healthy relationships in an organization (8 Marks)
- b) Discuss six ways maintaining a healthy relationship in an organization (12 Marks)