

**Second Semester FYUGP Degree (Reg/Sup/Imp) Examination
April 2026**

**KU2DSCPSY103 - SOFTSKILLS FOR PERSONAL
DEVELOPMENT**

2024 Admission onwards

Time : 2 hours

Maximum Marks : 70

Section A

Answer any 6 questions. Each carry 3 marks.

1. Define Self-concept.
2. Define ideal self.
3. Comment on indulging in yourself as a coping.
4. Define problem focused constructive coping.
5. Explain the importance of seeking help.
6. What are the factors to be take care of while analysing your audience.
7. Comment on introduction of the presentation.
8. List techniques to overcome stage fear before a presentation.

Section B

Answer any 4 questions. Each carry 6 marks.

9. Critically evaluate the effectiveness of defensive coping.
10. Evaluate acting aggressively as a coping.
11. Design an appraisal focused constructive coping model.
12. Apply audience analysis and objective of presentation in your delivery.
13. Discuss how much vocal variety contributes to audience engagement
14. Plan how you would use body language and changes in your voice to make a presentation interesting.

Section C

Answer any 2 questions. Each carry 14 marks.

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15. How conversational skills, self-disclosure and listening skills contribute towards more effective communication.
16. Discuss general principles and the elements of non-verbal communication.
17. Examine the importance of self-esteem. Develop a plan for building self-esteem.