



K26U 1048

Reg. No. :

Name :

IV Semester B.A./B.Sc. Degree (CBCSS – OBE – Supplementary/
Improvement) Examination, April 2026
(2020 to 2023 Admissions)
**COMPLEMENTARY ELECTIVE COURSE IN PSYCHOLOGY FOR BA
PHILOSOPHY**
4C08PSY : Soft Skills For Personal Development

Time : 3 Hours

Max. Marks : 40

**PART – A
(Short Answer)**

All questions are mandatory.

(6×1=6)

1. Eye contact.
2. Self-efficacy.
3. Adult ego state.
4. Assertiveness.
5. Stress.
6. Meditation.

**PART – B
(Short Essay)**

Answer **any 6** out of 8.

(6×2=12)

7. Define soft skills.
8. What is autocratic leadership ?
9. What is Ulterior transactions ?
10. Discuss Great man theory.
11. Explain Johari's window.
12. What are the misconceptions about soft skills ?
13. How to develop assertive communication style ?
14. Explain Ellis rational thinking.

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**PART – C
(Essay)**

Answer **any 4** out of 6.

(4×3=12)

15. What are the components of effective presentation ?
16. Explain conflict management.
17. Explain the steps in active listening.
18. What is self-regulation ?
19. What are the characteristics of soft skills ?
20. Explain the styles of leadership.

**PART – D
(Long Essay)**

Answer **any 2** out of 4.

(2×5=10)

21. Briefly explain the importance of body language.
22. Explain the importance of Soft skills.
23. Explain the coping strategies of stress.
24. Explain TA.