

Register No.: Name:

SAINTGITS COLLEGE OF ENGINEERING (AUTONOMOUS)

(AFFILIATED TO APJ ABDUL KALAM TECHNOLOGICAL UNIVERSITY, THIRUVANANTHAPURAM)

FIRST SEMESTER B.TECH DEGREE EXAMINATION (R,S), DECEMBER 2023**(2020 SCHEME)****Course Code : 20HUN101****Course Name: LIFE SKILLS****Max. Marks : 50****Duration: 2 Hours****PART A*****(Answer all questions. Each question carries 5 marks)******(Each answer should not exceed 400 words)***

1. Recall the life skills required by an Engineer.
2. Elaborate on the four A's of stress management.
3. Articulate the myths of creativity.
4. List out the steps involved in group problem solving.
5. Enumerate the traits of an effective leader.

PART B***(Read carefully the following case and answer the questions given below)***

6. Sikha works for an insurance company. On a weekly basis her colleagues, Priya and Shane, ask her to do some of their duties. Sikha finds it tremendously difficult to say 'no' to them. She thinks that she will appear as rude and eventually may cause an argument among them. She also feels that people are taking advantage of her. Her workload is increasing and this causes her high stress. Her self-esteem and confidence level are now being impacted and she is dreading to go to work.
 - a) Who are the key players in the given scenario? (3)
 - b) How do you think should Sikha handle the present situation? (5)
 - c) Elaborate the approaches that Sikha can adopt to overcome her stress in her workplace. (5)
 - d) Analyze how Priya and Shane should have exhibited a respectful professional decency in the workplace. (6)
 - e) Given the scenario, how would you tackle this situation had you been the team leader of Sikha, Priya and Shane? (6)
