



BOTSWANA COLLEGE OF DISTANCE AND OPEN LEARNING

BACHELOR OF EDUCATION – PRIMARY

LIFE SKILLS FOR EDUCATORS

LS 212

SESSIONAL EXAMINATION

MARKS: 100

DURATION: 3 HOURS

Instructions to students:

1. The examination consist of **Five Sections:** A, B, C, D, and E
2. Begin each answer to a new question on a new page
3. Answer all the questions according to instructions given in each section
4. Write answers in the answer booklet provided
5. Write in correct grammatical English

SECTION A - MULTIPLE- CHOICE**(10 MARKS)****INSTRUCTION:**

There are 10 questions in this section please answer them all. Each item has four possible responses numbered A, B, C and D. Read each item carefully then write the best possible answer in the answer booklet.

1. The following are primary reasons for offering life skills courses in many countries worldwide EXCEPT.

- A. Promotion of healthy personal development.
- B. Prevention of critical social problems such as spread of diseases.
- C. Preparation of citizenry for changing economic and social circumstances.
- D. Ratification of global conventions.

2. Which of the following best explains the concept of self-esteem?

- A. Obsession with one self.
- B. Being self-righteous and self gratifying.
- C. Competent to cope with basic life challenges.
- D. Self-seeking and self-serving.

3. The 'blind' quadrant according to the Johari Window model represent,
- A. Things unaware to you, but known to others.
 - B. Things I know about myself.
 - C. Things I neither nor other people know about myself.
 - D. Things known about myself by others.
4. The unknown quadrant in the Johari window pane, represents,
- A. Things unaware to you, but known to others.
 - B. Things I know about myself.
 - C. Things I neither know nor other people know about myself.
 - D. Things known about myself by others
5. One among the following best explains the importance of developing own personal action plan.
- A. To get promoted to high post.
 - B. For the accomplishment of personal goals.
 - C. To prove a point to your critics.
 - D. To impress everybody around you.

6. A technique for encouraging individuals to relate their thoughts and feelings best defines.
- A. Introspection
 - B. Meditation
 - C. Self awareness
 - D. Value clarification
7. Which among the following underlines the importance of time management?
- A. Personal goals shall be met.
 - B. To please supervisors.
 - C. To avoid punishments.
 - D. Because the rules demands so.
8. ONE of the following best explains a realistic goal.
- A. That can be clearly evaluated.
 - B. Can be experienced with one of the senses.
 - C. Clearly stating task to be accomplished.
 - D. Known to be capable of being accomplished.

9. Something unnecessary that occurs in the day best describes.

- A.** Misfortunes
- B.** Time wasters
- C.** Lighter moments
- D.** Business as usual.

10. The following is a list of goal impediments EXCEPT.

- A.** Procrastination and excuses.
- B.** Idle chats'
- C.** Scheduling your day.
- D.** Running unnecessary errands.

SECTION B: MATCHING ITEMS**(10 marks)****INSTRUCTION:**Match the statements in **column A** with the responses in **column B**

Description	Item
1. Strategy that will successfully fulfil ones short and long term goals when wanted to be achieved.	A. Values
2. Personal or desired end point in development.	B. Physical exercise
3. Reflection of our attitudes and what we believe about everything.	C. Sexuality
4. A person's overall judgement based on reality.	D. Goal
5. A technique meant to relate our thoughts and feelings.	E. Value clarification
6. Give you an idea of internal capabilities, resources and liabilities.	F. Feminism
7. Allows a person to perform daily activities with renewed sense of energy and vigour.	G. Self-esteem
8. Breaking through the idea of literalism and moving on to abstract thinking terms.	H. Strengths and weaknesses
9. A believe that society is disadvantageous to women.	I. Timeline
10. Total expression of who you are as a human being.	J. Formal operation period
11. Permanent change in behaviour due to experience.	

SECTION C: STRUCTURED ITEMS**(20 MARKS)****INSTRUCTION:** Answer all questions in this section

1. Name any three (3) major sexually transmitted infections prevalent in Botswana. **(3mark)**
2. Identify any three (3) human rights, a citizen or resident is entitled to in accordance to Botswana's constitution. **(3marks)**
3. Explain what is meant by "human rights." **(2marks)**
4. Briefly discuss the following leadership traits. **(6marks)**
 - a. Integrity:
 - b. Vision:
 - c. Innovation:
5. Outline any three (3) characteristics of the autocratic style of leadership. **(6marks)**

SECTION D - CASE STUDY**(20 MARKS)****INSTRUCTION:****Read the case study below and answer the questions that follow**

Lindah is now a standard seven (7) learner. Before then, she has been an obedient, humble and well focused individual in terms of her school work and running home errands. In recent times she has developed tendencies of bunking school, she also has started to frequently and recklessly disregard some of her responsibilities including her school work. When reprimanded of her unbecoming behaviour, she would respond with occasional temper tantrums and outbursts. to her parents and others in the family. This has resulted in real tense situations in her home, as caregivers are now caught up between this situation, which they often find accusing each other for.

QUESTIONS:

1. Provide any two (2) examples of physical development characteristics typical of Lindah's age group. **(4marks)**
2. Outline any two (2) examples of behaviours most likely to be displayed by children of Lindah's age groups. **(2marks)**
3. Explain in two (2) ways, any universal acceptable ways by parents and caregivers to handle adolescents as they deal with challenges accompanying this stage of development. **(2marks)**
4. Setting firm boundaries to those activities to prevent issues of lawlessness. **(2marks)**

5. In what **two** (2) ways may parents encourage the development of psychological autonomy in their teenage children? **(4marks)**
6. Explain why it is important for parents to spend time with their teenage children. **(2marks)**
7. Suggest in any **two** (2) ways in which one may become a better father. **(2marks)**
8. State any **two** (2) actions by parents or caregivers that may lead children to delinquency. **(2marks)**

(40 marks)

1. Outline with relevant examples any five (5) major instances or situations in your work place that require conflict resolution mechanisms to be applied. **(20 marks)**
2. Examine in five (5) ways, how a patriotic or good citizen may demonstrate their responsibilities for their country. **(20 marks)**
3. Describe any five (5) characteristics of safe and healthy sexual relationships. **(20 marks)**