



COURSE CODE: COD 104

COURSE TITLE: INTRAPERSONAL AND INTERPERSONAL
RELATIONSHIPS

DAY:

TIME:

INSTRUCTOR: Ms. Anne Mwithi

SECTION A COMPULSORY 20MKS

QUESTION ONE

- a) Outline two importance of Life skills **2mks**
- b) Expound the importance of listening as an interpersonal relationship skill. **2mks**
- c) Explain the importance of the following Life skills. **8mks**
 - i. Assertiveness
 - ii. Conflict Resolutions
 - iii. Emotional intelligence
 - iv. Negotiation skills
- d) Differentiate between the following;
 - i. Intrapersonal and interpersonal relationships **4mks**
 - ii. Verbal and Nonverbal communication **4mks**

SECTION B. ANSWER ANY TWO QUESTIONS FROM THIS SECTION

QUESTION TWO

- a) Highlight two ways how an individual can improve on their self-awareness. **2mks**

- b) Discuss how the following panes of Johari's window model creates self-awareness in an individual. **8mks**

QUESTION THREE

- a) Outline two communication skills that develop interpersonal relationships. **2mks**
b) Describe the four stages in the process of effective communication. **4mks**
c) Discuss three Cultural aspects that affect communication. **6mks**

QUESTION FOUR

- a) Critique two biblical teaching on relationships. **2mks**
b) Discuss two factors that contribute to developing emotional Intelligence skills. **4mks**
c) Explore two ways of managing stress. **4mks**

QUESTION FIVE

- a) Highlight two examples of social responsibility. **2mks**
b) Explain four problem-solving skills that enhances relationships. **4mks**
c) Clarify the first four steps in the decision-making process. **4mks**