

# KENYA EDUCATORS CONSULTANCY EXAMS

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## JUNIOR SECONDARY SCHOOL GRADE 7 END TERM 1 SERIES 2 EXAM- 2023 LIFE SKILLS Time: 2 hours

Name..... School.....

### INSTRUCTIONS TO CANDIDATES:

*.Do not open the booklet until you are told to do so.*

*.Read each question carefully.*

*.Answer ALL the questions.*

*.Write your answers, in either blue or black ink, in the spaces provided in the booklet*

### FOR EXAMINERS ONLY

<b>Questions</b> <b>1-20</b> <b>Out of 50 marks</b>	<b>Candidate Score</b>	<b>Candidate performance level</b>
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1. During a classroom lesson on life skills, Mr. Bahati asked the learners to define self awareness (2mks)

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2. List **five** human dimensions. (5mks)

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3. Differentiate between talents and abilities giving examples in each case. (2mks)

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4. Write **three** ways in which drug and substance abuse affect our self-esteem. (3mks)

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5. Give the difference between high and low self-esteem. (2mks)

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6. Grade 7 learners during a debate were asked to define negative emotions. What answer did they give? (1mk)

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7. It is very important to manage emotions. What is the importance of this action? (1mk)

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8. Name **two** lifestyle diseases that can result from failing to manage our emotions positively. (2mks)

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9. List **two** causes of stress. (2mks)

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10. A grade seven teacher asked the learners to outline three effects of stress. What answer did they give? (3mks)

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11. How can the following ways help to manage stress;  
a. Engaging in positive leisure activities. (1mk)

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b. Choosing and keeping good friends.(1mks)

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12. Write **three** ways a student can manage stressful situations in school. (2mks)

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13. Name **three** ways in which a learner can handle peer pressure. (3mks)

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14. List **three** factors that influence self-esteem (3mks)

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15. State **four** hormonal changes during adolescence which have an impact on emotional well-being. (4mks)

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16. Give **two** roles of guidance and counseling services in stress management. (2mks)

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17. Identify ways of dealing with contemporary/current challenges in school. (4mks)

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18. Give **three** characteristics of a high esteemed person. (3mks)

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19. Who is a 'talented' learner.(2mks)

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20. Grade 7 learners failed in their life skill exam. They had a lot of stress because they were told they will be punished. What is stress? (2mks)

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