**COMPETENCE BASED CURRICULUM**

**THE QUALITY ASSURANCE SERIES 1**

**GRADE 7 TERM 1 OPENER (ENTRY) EXAM 2024**

**LIFE-SKILLS**

 **NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CODE; \_\_\_\_\_\_\_\_\_\_\_\_\_DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Define the following terms as used in life skills**.(4 marks)**
	1. Personal management skills.

…………………………………………………………………………………………………………………………………………………………………………………………………….

* 1. Self-awareness

……………………………………………………………………………………………………………………………………………………………………………………………………

1. Outline **five** different dimension one uses to define himself/herself. **(5 marks)**
	1. ……………………………………………………………………………
	2. ……………………………………………………………………………
	3. …………………………………………………………………………….
	4. …………………………………………………………………………….
	5. ……………………………………………………………………………..
2. Discuss **five** physical changes that happens to girls and boys during adolescence**.(5 marks)**
	1. **………………………………………………………………………………**
	2. **………………………………………………………………………………**
	3. **……………………………………………………………………………….**
	4. **………………………………………………………………………………..**
	5. **……………………………………………………………………………….**
3. State **four** ways of maintaining personal hygiene and health during adolescence. **(4 marks )**
	1. **………………………………………………………………………………….**
	2. **………………………………………………………………………………….**
	3. **…………………………………………………………………………………..**
	4. **…………………………………………………………………………………..**
4. Define psychological dimension as used in personal management skills. **(2 marks )**

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. What is self-esteem? **(2 marks)**

**………………………………………………………………………………………………………………………………………………………………………………………………**

1. Name **three** types of families. **(3 marks)**
	1. **……………………………………………………………………….**
	2. **………………………………………………………………………..**
	3. **………………………………………………………………………..**

****