**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.

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* 1. Self-awareness

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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 )**

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

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

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

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