**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLASS\_\_\_\_\_\_\_\_ ADM\_\_\_\_\_\_\_\_\_\_**

**LIFE SKILLS GRADE 8**

**JUNIOR SECONDARY SCHOOLS**

**TIME: 2 HOURS**

**THE QUALITY ASSURANCE SERIES 1.**

1. Define the following terms (3mks)

a. Self – Awareness

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…………………………………………………………………………………………………………………… b. ability

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…………………………………………………………………………………………………………………… c. Talent

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1. State four dimensions of human being (4mks)

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1. What are contemporary challenges (2mks)

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1. Differentiate between high and low self – esteem (2mks)

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1. Identify two types of emotions giving an example in each case (4mks) ………………………………………………………………………………………………………………

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1. Define the term “stress”

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1. It is very important to manage emotions, what is the importance of the action (1mk)

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

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1. List three causes of stress

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1. Agrade 7 student from Ogilo Junior secondary school was asked to identify three effect of stress, what answers did she give(3mks)

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1. Who is a talented learner (2mks)

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10. State one hormonal change during adolescence which have impact on emotional well-being (2mks)

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