THE UNITED REPUBLIC OF TANZANIA

THE PRESIDENT'S OFFICE,

REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT

KILIMANJARO REGION

FORM ONE ANNUAL EXAMINATION

LIFE SKILLS

TIME 3: 00HOURS November 205

SECTION A

1. Choose the correct answer among of the given alternatives and write its letter beside the item number.
   i. .....refers to the feeling of trust in oneself and in one's own skills and abilities.
      A. Self confidence
      B. Self-awareness
      C. Self-fishiness
      D. Self esteem
   ii. The long term of abbreviation of M.T.C.T. is .....
      A. Mother to child transmition
      B. Mother to child transportations
      C. Mother to child transmission
      D. Mother to child transmision

   iii.skilla for effective interpersonal communication

      A. Listerning and tone of voice
      B. Reading of materials
      C. Characters
      D. Deceptiveness

   iv.Pillars of character is any strong character that is holding one's feature or character that is distinctive to other like ;

      A. Respect
      B. Feedback
      C. Nature
      D. Friends

   v.factors that influence character development are.....

      A. Depression fragility, emotion and fears
      B. Love, environment, changing, stragedy leadership and academic education

C. Colours like Red, Blue, Yellow,and Green
D. Sensory channel

vi. Message (idea) is one of the compound of communication which include

A. Community law
B. Parents
C. Confidence
D. Contents, context, and treatments

vii.Types of communication which include overall body language of a person who is speaking .

A. Written communication
B. Oral communication
C. Verbal communication
D. Non-verbal communication

viii.Religion ,friends, reading materials, parents and media are the best way for

A. Self confidence
B. Character building
C. Self awareness
D. Self love

ix.One of the positive psychological properties of red colour is

A. Coolness
B. Aloofness
C. Physical encourage
D. Serenity

X.....is the mental and psychological state associated with a wide varieties of feelings thoughts,and behaviour

A. Self identification
B. Emotion
C. Esteem
D. Paraphrasing

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. Write T.for the true statements and F for false statements.....

a) Dressing code can identify the culture of a certain tribe .....
b) Self esteem depends on how one feeling good about one self and resect one self.....
c) People with high self esteem does not get angry or upset.....
d) Watching and listening to media can change our character.....
e) Informal communication include all instance where communication has to occur in a set of formal format.....
f) The worth of an individual can be measured by looking his or her smile.....
g) Religion is one of the factor that influence self identification
h) How one react in different situation represent high self confidence .
i) Physical deformity can affect personal self confidence
j) Copying with stress,wories,and sadness is the highly indicators of low self esteem.....

a	b	c	d	e	f	g	h	i	j

3. MATCHING

List A

I. Citizenship and responsibility
II. Lack of punctuality
III. Character
IV. Feedback
V. Self-value
VI. Value
VII. Lack of information
VIII. One's awareness
IX. Self confidence
X. Causes

List B

A. Is the mental and moral qualities distinctive to an individual.
B. A way of helping another person understand how his/her behaviour affecting other people
C. Things or people who are worth in one's life
D. It describe negative character
E. Pillars of character
F. Enable ones to try new things without worrying of failure
G. Death, long illness, parents, examinations, environments and physical stimuli
H. Knowing who one is.
I. It may affect person self confidence
J. It includes freedom, love, compassion, peace, quality and respect nature.

K. Help people in need
L. Obey laws and rules.

LIST A	I	II	III	IV	V	VI	VII	VIII	IX	X
LIST B										

SECTION B

4. Building characters of a persons need six strong pillars. mention them
   i.....
   ii.....
   iii.....
   iv.....
   v.....
   vi.....
5. Effective interpersonal communication can be hindered by the following factors. Give them
   i.....
   ii.....
   iii.....
   iv.....
6. Sensory channel of communication is based on the five senses list down those senses
   i.....
   ii.....
   iii.....
   iv.....
7. Define the following term
   a)Team work
   spirity.....
   .....
   ii.Oral
   communication.....
   .....

iii.informal communication.....
.....
iv.life skills.....
.....
v.High self esteem.....
.....

8. Write five components of communication
   i.....
   ii.....
   iii.....
   iv.....
   v.....