**LIFE SKILLS - GRADE 7 TERM 1 EXAMS 2023**

**QUESTIONS**

1. List **two** causes of stress. (2mks)
2. A grade seven teacher asked the learners to outline three effects of stress. What answer did they give? (3mks)
3. How can the following ways help to manage stress;
   1. Engaging in positive leisure activities. (1mk)
   2. Choosing and keeping good friends.(1mks)
4. Write **three** ways a student can manage stressful situations in school. (2mks)
5. Name **three** ways in which a learner can handle peer pressure. (3mks)
6. List **three** factors that influence self-esteem (3mks)
7. State **four** hormonal changes during adolescence which have an impact on emotional well-being. (4mks)
8. During a classroom lesson on life skills, Mr. Bahati asked the learners to define self awareness (2mks)
9. List **five** human dimensions. (5mks)
10. Differentiate between talents and abilities giving examples in each case. (2mks)
11. Write **three** ways in which drug and substance abuse affect our self-esteem. (3mks)
12. Give the difference between high and low self-esteem. (2mks)
13. Grade 7 learners during a debate were asked to define negative emotions. What answer did they give? (1mk)
14. It is very important to manage emotions. What is the importance of this action? (1mk)
15. Name **two** lifestyle diseases that can result from failing to manage our emotions positively. (2mks)
16. Give **two** roles of guidance and counseling services in stress management. (2mks)
17. Identify ways of dealing with contemporary/current challenges in school. (4mks)
18. Give **three** characteristics of a high esteemed person. (3mks)
19. Who is a 'talented' learner.(2mks)
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)

**MARKING SCHEME**

1. It involves knowing and understanding oneself.
2. 1. Spiritual dimension.
   2. Physical dimension.
   3. Economic dimension.
   4. Social dimension.
   5. Psychological dimension.
3. Talents are inborn skills while abilities are skills that are acquired through training and experience. Example of talents is singing, and Jilty is welding.
4. 1. Drugs make us have negative thoughts that make us feel bad about ourselves thus lowering self esteem.
   2. Drugs make our family members, friends and relatives to reject us thus lowering our self esteem.
   3. Drugs influence us to engage in immoral activities that lower our self esteem.
   4. Drug abuse make us untidy thus lowering our self esteem.
5. High self-esteem expresses good feelings while low self-esteem expresses bad feelings.
6. These are strong feelings that have undesirable effects on us.
7. 1. So as we can live healthy lives and avoid lifestyle diseases.
   2. So as we can promote peace in the society as we resolve conflicts peacefully.
   3. To build our self-esteem so that we can easily achieve our goals.
8. 1. Obesity
   2. Heart diseases
   3. Depression
9. 1. Negative peer and media influence
   2. Body changes during adolescence
   3. Lack of basic needs
   4. Unpreparedness for an exam or an event.
   5. Increased duties.
   6. Unmet demands and expectations.
10. 1. Withdrawal
    2. Poor influence
    3. Unhealthy feeding patterns
    4. Anxiety and bed wetting.
11. 1. Make us feel happy and forget about problems we are facing.
    2. Good friends give us advice on how to deal with stress we are facing.
12. 1. Identifying the sources of stress.
    2. Plan your time better.
    3. Attend guidance and counselling services.
    4. Create time for relaxation.
    5. Avoid engaging in activities that are beyond your control.
13. 1. Being assertive
    2. Keeping yourself busy
    3. Choosing good friends
    4. Engaging in: positive physical exercises.
14. 1. Our thoughts
    2. Our achievements
    3. Our family environment and friends.
    4. Physical growth and development
    5. Our experiences.
15. 1. Enlargement of breasts
    2. Enlargement of sexual organs
    3. Growth of pubic hair
    4. Wet dreams
16. 1. Guides people to manage stress
    2. Advices people to avoid factors that lead to stress.
17. 1. Choosing good friends
    2. Engaging in positive talks
    3. Avoiding drug abuse
    4. Forming peer guidance and counselling groups.
18. 1. Is confident
    2. Is stress free
    3. Does his or her work well
    4. Makes right decision.
19. One with in-bom special skills
20. A very unpleasant feeling.