

# WOMEN'S UNIVERSITY IN AFRICA



*Addressing gender disparity and fostering equity in University Education*

---

FACULTY OF SOCIAL AND GENDER TRANSFORMATIVE SCIENCES

---

BACHELOR OF EDUCATION HONOURS DEGREE IN EARLY CHILDHOOD  
DEVELOPMENT  
PRE-SERVICE

**KPECD121: HEALTH AND LIFE SKILLS EDUCATION**

**INTAKE 9 : FIRST YEAR SECOND SEMESTER**

**DATE: JUNE 2024**

**TIME: 3 HOURS**

## **INSTRUCTIONS TO CANDIDATES**

1. Answer any **three** questions.
2. All questions carry equal marks.

**Question 1**

'Health and Life Skills is crucial to Early Childhood learning and development.' Discuss.

**Question 2**

Analyse various stress management techniques and their effectiveness in promoting mental well-being.

**Question 3**

'Children are the most affected in substance abuse.' Discuss.

**Question 4**

Explore the concept of emotional intelligence and its role in promoting resilience and self-awareness.

**Question 5**

Examine the value of self-esteem and self-actualisation to the learning and development of ECD learners.