



**KIBABII UNIVERSITY COLLEGE**

*(A Constituent College of MasindeMuliro University of Science Technology)*

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**UNIVERSITY REGULAR EXAMINATIONS**

**2014 /2015 ACADEMIC YEAR**

**1<sup>ST</sup> YEAR 1<sup>ST</sup> SEMESTER EXAMINATIONS**

**(MAIN EXAMINATION)**

**FOR ALL DEGREE COURSES ON PSSP**

**COURSE CODE: COS 100**

**COURSE TITLE: COMMUNICATION SKILLS 1**

**DATE: 15<sup>TH</sup> APRIL, 2014**

**TIME: 2:00P.M. – 5:00P.M.**

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**INSTRUCTIONS TO CANDIDATES:**

Answer all the questions in the answer book provided

### SECTION C: STUDENTY SKILLS AND EXAMINATION SKILLS (15MKS)

- a) A course mate of yours rarely take notes during lectures. He argues that it is impossible to take notes while the lecture is going on. Explain any three tips he could use to cope with the lecturer's speed. (3mks)
- b) Highlight any FOUR ways in which the effectiveness of a study group could be ensured. (4mks)
- c) After finishing this examination, what FOUR precautions should you take before finally handing in the examinations answer booklet? (2mks)
- d) Identify and briefly explain THREE main types of examination difficulty (6mks)

### SECTION D: READING SKILLS (15mks)

*Read carefully the passage bellow and answer correctly the questions that follow*

Research has established that many types of cancer are caused or triggered by factors relating to lifestyle and environment. This means that there are certain things we can do to protect ourselves from developing cancer. It is a dangerous disease which claims the lives of thousands of Kenyans every year. It causes great agony and suffering for both its victims and their families.

Cancer begins as a single abnormal cell that begins to multiply out of control. If undetected, the cells attack healthy tissue and spread to other parts of the body. The agents that cause cancer are called carcinogens. They promote the growth of cancerous cells.

The good news is that medical research has shown that 80% of the causes of cancer have been identified and are preventable. Some of these factors include smoking, drinking and diet. Certain vitamins, herbs and supplements that act to inhibit cancer have also been identified. Garlic, for example, strengthens the immune system which is vitally important in fighting cancer. Garlic works as an anti-carcinogen in both prevention and treatment.

Although cancer is undoubtedly a scaring disease, there are measures we can take to lower our chances of getting it. First, we should not use tobacco. All types of tobacco can put you on a collision course with cancer. Not using it, or deciding to stop using it, is one of the most important health decisions you can make. Avoiding tobacco reduces your risk of cancers of the lungs, voice box, mouth, bladder, kidneys, pancreas and in women cervix. Every time you smoke a cigarette, you inhale dozens of substances that cause cells to become cancerous. The tar in smoke also forms a sticky brown layer on the lining of the lungs and air passages. Even if you don't smoke, reduce your exposure to second hand smoke because it also causes cancer.

Secondly, we should learn to eat a variety of healthful foods. Research findings suggest that 30% of cancers are related to issues of nutrition. It is recommended that we should choose most of the foods we eat from plant sources-fruits, vegetables, grain and beans. These contain dozens of minerals as well as fibre and other beneficial substances. We should also limit fat. We must avoid alcohol. Risk of cancer increases with the amount of alcohol we drink and the length of time we have been drinking.