

Name : _____

P 1048

Reg. No. _____



LOYOLA COLLEGE OF SOCIAL SCIENCES

(ESTD-1963)

(AUTONOMOUS)

Affiliated to University of Kerala

Accredited with A++ by NAAC

Sreekariyam, Thiruvananthapuram, Kerala.

**SECOND SEMESTER MASTER OF SOCIAL WORK IN DISASTER
MANAGEMENT (MSW-DM) EXAMINATION, JULY 2025
(2024 ADMISSIONS)**

SW DM 525: SELF CARE SKILLS FOR DISASTER SOCIAL WORKERS

Time 3 hours

Max: 75 Marks

Nos.	Part A: Answer ALL Questions in not more than 50 words. Each carries 2 marks	Course Outcome	Blooms Level	Marks
Q1	Discuss the importance of self-reflection for social workers in disaster management.	CO1	Understand	2
Q2	Define the concept Self Care.	CO1	Remember	2
Q3	Explain SMART technique.	CO2	Understand	2
Q4	Describe any two attributes of a mentally healthy individual.	CO2	Understand	2
Q5	Distinguish between eu-stress and de-stress with suitable examples.	CO3	Understand	2
Q6	List any four life skills suggested by WHO.	CO3	Remember	2
Q7	Explain any three conflict resolution strategies.	CO4	Understand	2
Q8	Explain the steps to practice mindfulness.	CO4	Understand	2
Q9	Describe self- healing.	CO5	Understand	2
Q10	Elucidate maladaptive behaviour with examples.	CO5	Understand	2
	Part B : Answer ANY FIVE out of the EIGHT questions in not more than 300 words	Course Outcome	Blooms Level	Marks
Q11.	Explain any three dimensions of Self- reflection.	CO1	Understand	5
Q12.	Discuss the attributes of a professional Social Worker.	CO2	Understand	5
Q13	Compare Problem Solving and Critical thinking as life skills.	CO3	Analyse	5
Q14	Discuss the essential safety skills for DRR (Disaster Risk Reduction) and competencies for professionals working in Disaster Management.	CO4	Understand	5
Q15	Describe the characteristics of a mentally healthy person.	CO2	Understand	5
Q16	Illustrate different types of trauma and coping strategies.	CO5	Understand	5
Q17	Detail on any four time management techniques.	CO4	Understand	5

Q18	Articulate the techniques to improve interpersonal relationships.	CO2	Understand	5
	Part C: Answer ANY THREE out of the FIVE questions in not more than 850 words.	Course Outcome	Blooms Level	Marks
Q19	Explain how self-reflection contributes to achieving a balanced and meaningful life.	CO1	Understand	10
Q20	Define personal development plan and its benefits. Briefly explain on the self-assessment and any one technique to assess self.	CO2	Understand	10
Q21	“SWOT Analysis is unique and helpful for every person to know their areas of proficiency and defects” - Substantiate.	CO3	Understand	10
Q22	Examine the key strategies of self-care to be adopted by a professional Social Worker while dealing with disasters.	CO4	Analyse	10
Q23	Discuss the role of time management in achieving a healthy work-life balance for a professional social worker.	CO5	Understand	10