

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF THE DEGREE OF BACHELOR OF HUMAN RESOURCE MANAGEMENT

BHRM 214: STRESS AND TIME MANAGEMENT

STREAMS: BHRM (ODEL)

DAY/DATE: THURSDAY 07/08/2025

TIME: 2 HOURS

8.30A.M. –10.30 A.M

INSTRUCTIONS

- Answer question one and two other questions.
- Do not write on the question paper

QUESTION ONE

CASE STUDY: "AISHA'S BALANCING ACT"

Aisha is a 2nd-year Marketing student. She:

- Works **15 hours/week** at a café.
- Has **4 assignments due** in 2 weeks.
- Volunteers at an animal shelter on weekends.
- Wakes up tired, misses lectures, and procrastinates by scrolling social media.
- Feels constant anxiety, struggle to focus, and cries often.

Her goals:

- Improve grades.
- Keep her job (needs income).
- Continue volunteering (passion).

Required:

- Discuss key stressors in Aisha's life and explain how each affects her. *(10 marks)*
- Explain practical time-management techniques to help her. *(10 marks)*
- Recommend stress-reduction strategy she could use daily. *(7 marks)*
- Create one SMART goal for Aisha to improve her work-study balance. *(3 marks)*

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QUESTION TWO

- a) What is stress? List four physical symptoms of stress manifested in a person. (5 marks)
- b) Explain TWO benefits of using and applying a prioritization matrix in managing stress (5marks).
- c) Explain how poor time management can lead to stress. Give TWO examples. (10 marks)

QUESTION Three

- a) Name THREE time-wasting habits and suggest ONE solution for each. (9 marks)
- b) Compare digital calendars and paper planners. State ONE advantage of each. (6 marks)
- c) How can taking regular breaks improve productivity? (5 marks)

QUESTION FOUR

- a) *What is mindfulness meditation? Give TWO ways it reduces stress.* (6 marks)
 - b) Explain two relaxation techniques. (8 marks)
 - c) Why is sleep hygiene important for stress management? (6 marks)
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