



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR CERTIFICATE IN
COUNSELLING PSYCHOLOGY**

MAY - AUGUST 2022

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: CCOU 0113

COURSE TITLE: PERSONAL DEVELOPMENT

EXAM DATE:

TIME:

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- This exam has SIX questions. Answer **QUESTION ONE** and any other **THREE** questions from section B.
 - *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (20 MARKS)

QUESTION 1

- a) Explain how one can use the Johari's window for personal development. (2 marks)
- b) Instinct theory of motivation
 - i) Give an example of the above theory (2 marks)
 - ii) Explain how your example illustrates the theory. (2 marks)
- c) Explain TWO reasons why reflection is important. (4 marks)
- d) Discuss TWO reasons why counseling supervision is important. (4 marks)
- e) Describe any THREE core conditions for personal growth. (6 marks)

SECTION B: Answer any TWO questions from this section 10 Marks each.

QUESTION 2

- a) Explain how the following psychosocial stages affect personal development:
 - i) Trust vs mistrust (2 marks)
 - ii) Autonomy vs shame and doubt (2 marks)
- b) Discuss the stages of self-concept development. (6 marks)

QUESTION 3

- a) Describe how the following theories can help explain motivation:
 - i) Arousal (2 marks)
 - ii) Drive (2 marks)
 - iii) Incentive (2 marks)
- b) Examine any TWO activities one can do to become self-aware. (4 marks)

QUESTION 4

- a) Discuss TWO Christian resources one can use to enhance personal development. (4 marks)
- b) Explain THREE styles of decision making. (6 marks)

QUESTION 5

- a) A student has consulted you with a difficulty in relating with his parents. Explain to the student, the first TWO steps of solving this problem. (4 marks)
- b) Describe how one can use any THREE stages of Gibbs reflective cycle. (6 marks)