



PAN AFRICA CHRISTIAN UNIVERSITY

**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COMMUNITY DEVELOPMENT
SEPTEMBER – DECEMBER 2017**

CAMPUS: ROYSAMBU

DEPARTMENT: COMMUNITY DEVELOPMENT

COURSE CODE: COD104

COURSE TITLE: INTRA AND INTERPERSONAL RELATIONSHIPS

EXAM DATE: THURSDAY 7th DECEMBER 2017

TIME: 9.00AM-12.00PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Answer ALL questions in Section ONE and any other two questions in Section TWO**
- *ALL PAC University's examination rules and regulations apply.*

SECTION 1 Answer all the questions in this Section (compulsory).

1.a) Define the following terms (8mks)

- i. Intrapersonal intelligence.
- ii. Emotional intelligence
- iii. Empathy
- iv. assertiveness

b) Identify the importance of the following skills. (6mks)

- i. Critical thinking skills
- ii. Conflict Resolution
- iii. Effective communication

c) A case study

One day Ruth a coworker and best friend to Ivy, whom they've come to know each other on a personal as well as a professional level, gets promoted to the position of manager. She didn't tell her ahead of time because it wasn't certain. Ruth didn't know how to bring up the change of roles and relationship with her friend Ivy. She had not shared the possible changes that would come with the transformation. Ruth's perspective of the relationship starts to change and so does Ivy's. When Ivy asks her friend, Ruth categorically tells her, 'let's accept the change and move on, this part of life. After all, all of us want a better life'.

Ivy no longer understands her friend and wonders if she stays in the relationship. Ruth has changed her attitude and no longer cares or has as much time as she once did. Over time, they have gradually grown apart, spending no time together or even talking. The relationship is no longer the same and Ivy is very angry. She chooses not to confront her friend Ruth, as she believes there is something wrong with her and feels worthless.

State two strong emotions portrayed in the relationship. (2mks)

Discuss briefly the appropriate treatment intervention a therapist can use on Ivy. 4mks

- a) Describe two ways Ivy can control her emotions. (4mks)
- b) Explain three interpersonal skills that are not displayed in this relationship (6mks).

SECTION 2 : Answer any other TWO Questions in Section Two out of the Five provided mood

- 3. a. Differentiate between aggression and asseriveness.4mks
- b. Discuss the importance of self-esteem 4mk
- c. Explain Intra and inter-personal Communication 4mks

4. Explain two characteristics of the following;

- a. An emotional intelligent person (4mks)
- b. A person with intrapersonal skills (6mks).
- c. An assertive people demonstrate (6mks)

5. Using the graphic illustrations of Joharis window model explain the discrepancy between self awareness and external perception.(10mks).

- a. Identify two biblical principles of relationships. (2mks)
- a. Classify three emotional management skills that can enable a person control strong emotions. (3mks).

6. a) Discuss congruence as a intra relationship skill. (3mks)

b) Briefly explain the Concept of Christian Leadership/Servant Leadership. (6mks)

c) Identify three Goals of Christian Relationships (6mks)