



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR DIPLOMA IN COUNSELLING
PSYCHOLOGY**

MAY - JULY 2023

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 109

COURSE TITLE: HUMANISTIC THEORIES

EXAM DATE:

TIME:

INSTRUCTIONS

- Read all questions carefully before answering.
- Write your **student number** on the space provided.
- Answer **ALL** questions in **Section A** and **ANY** other **TWO** from **Section B**

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

a). Humanistic theories were developed as a response to what was viewed as a limitation of previous theoretical perspectives. Describe two limitations of the:

- i) Behavioral Perspective. (1 Mark)
- ii) Psychoanalyses perspective. (1 Mark)

b). Describe the term self-actualization as used in humanistic psychology giving relevant examples. (3 Marks)

c). Discuss the following characteristics of the humanistic theories giving relevant examples

- i) Emphasis on Personal responsibility. (2 Marks)
- ii) Focus on the present. (3 Marks)
- iii) Personal growth. (3 Marks)
- iv) Individual worth. (2 marks)

d). Explain five basic assumptions of humanistic theories. (5 Marks)

SECTION B: Answer Any Two Questions in this Session (20 marks)

QUESTION TWO

- a) Describe Abraham Maslow's hierarchy of needs giving appropriate examples. (5Marks)
- b) Using relevant examples demonstrate the relevance (how the hierarchy of needs work) in real life situations (5 Marks)

QUESTION THREE

- a) Demonstrate how you would apply the 3 core principles used in Person Centered Theory with a client. (3marks).
- b) Using clear examples, describe the 3 components of the self as outlined by Carl Rogers. (3 Marks).
- c) Illustrate 4 characteristics of a fully functioning person according to Carl Rogers. (4 Marks).

QUESTION FOUR

- a) Giving relevant examples, describe the following concepts as used in existential psychoanalysis by Rollo May
 - i) Powerlessness. (2 Marks)
 - ii) Anxiety. (2 Marks)
 - iii) Freedom. (2 Marks)
- b) Human behavior is influenced by three aspects of the world. Discuss any two. (4 Marks).

QUESTION FIVE

- a). Describe any 2 techniques used in the following humanistic theories
- i) Personology. (2marks)
 - ii) Logotherapy. (2marks)
 - iii) Gestalt therapy. (2marks)
 - iv) Transpersonal theory. (2marks)
- b). Articulate the I- experiences as described by Rollo May. (2marks)