



PAN AFRICA CHRISTIAN UNIVERSITY

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

JANUARY – APRIL 2021

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 102

COURSE TITLE: PERSONAL DEVELOPMENT

EXAM DATE: 8TH APRIL 2021

TIME: 08:00AM – 11:00AM

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.
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- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (10 MARKS)

QUESTION 1

- a) Define personal development. (2 marks)
- b) Describe the instinct theory of motivation using an example. (4 marks)
- c) Explain the importance of reflection. (4 marks)

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

QUESTION 2

- a) Explain TWO reasons why counseling supervision is important. (4 marks)
- b) Describe any THREE core conditions for personal growth. (6 marks)

QUESTION 3

- a) Differentiate between transference and countertransference. (4 marks)
- b) Discuss the stages of self-concept development. (6 marks)

QUESTION 4

- a) Examine any TWO activities one can do to become self-aware. (4 marks)
- b) Describe any THREE theories that help to explain motivation. (6marks)

QUESTION 5

- a) Discuss the spiritual integration in personal development. (4 marks)
- b) Explain THREE styles of decision making. (6 marks)

QUESTION 6

- a) Discuss the first TWO steps of solving problems. (4 marks)
- b) Describe how one can use the SIX stages of Gibbs reflective cycle. (6 marks)