



PAN AFRICA CHRISTIAN UNIVERSITY

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

SEPTEMBER – NOVEMBER 2024

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD105

COURSE TITLE: CHILD GROWTH & DEVELOPMENT

EXAM DATE:

TIME:

INSTRUCTIONS:

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

SECTION A

ANSWER ALL THE QUESTIONS (COMPULSORY) 20 Marks

QUESTION ONE

- a) Explain the following terms in the study of Child Growth and Development. (6 Marks)
- i. Positive Reinforcement (2 Marks)
 - ii. Perceptual Development (2 Marks)
 - iii. Attachment Theory (2 Marks)
- b) Discuss briefly **THREE** important reasons for Studying Child Growth and Development as a counselor. (6 Marks)
- c) Describe **TWO** ways we can apply our biblical knowledge in Child Growth and Development as counselors (4 Marks)
- d) Briefly explain the difference between Growth & Development. (4 Marks)

SECTION II CHOOSE ANY TWO QUESTIONS (20MARKS)

QUESTION TWO

- a) Describe the **THREE** stages of prenatal development, highlighting the key events and significance of each stage. (6 Marks)
- b) Discuss **TWO** factors that influence motor development, providing examples of how these factors can impact a child's physical skills. (4 Marks)

QUESTION THREE

- i. Explain the concept of object permanence and its significance in infant development. (2 Marks)
- ii. Discuss **THREE** factors that influence memory development in infants. (6 Marks)
- iii. Describe key difference between receptive and expressive language? (2 Marks)

QUESTION FOUR

- a) Explain the difference between the following, providing examples of each. (4 Marks)
- Nature. (2 Marks)
 - Nurture. (2 Marks)
- b) Illustrate **THREE** ways parents and caregivers support cognitive and language development in infants and toddlers? (6 Marks)

QUESTION FIVE

A 4-year-old child named Ariel is brought to a child psychologist by his parents. They express concern about his behavior, which includes: Difficulty making friends, Frequent tantrums, Clinginess towards his parents, especially his mother, Difficulty separating from his parents, even for short periods and Inconsistent behavior, sometimes withdrawn and sometimes overly demanding

- a) Identify Ariel's attachment style. (2 Marks)
- b) Discuss **TWO** potential underlying causes of Ariel 's behavior, considering attachment theory? (4 Marks)
- c) Briefly explain **TWO** strategies Ariel's parents could implement to help him develop a more secure attachment style. (4 Marks)

MARKING SCHEME – CHILD GROWTH & DEVELOPMENT

QUESTION ONE

a) Explain the following terms in the study of Child Growth and Development. (6mks)

i. **Positive Reinforcement**

- Reward desired behaviors, such as going to bed on time and staying asleep, with praise, stickers, or small rewards.
- Use a reward chart to track progress and provide incentives for meeting goals.

ii. **Perceptual Development**

- The development of sensory abilities, such as vision, hearing, touch, taste, and smell.

iii. **Attachment Theory**

- Attachment theory is a psychological theory that focuses on the importance of early emotional bonds between infants and their primary caregivers.

b) Discuss briefly **THREE** key important reasons for Studying Child Growth and Development as a counselor. (6mks)

- I. Accurate Assessment and Diagnosis:
- II. Effective Therapeutic Interventions:
- III. Educating Parents and Caregivers:
- IV. Advocacy and Prevention:
- V. Self-Awareness and Personal Growth:

c) Describe **TWO** ways we can apply our biblical knowledge in Child Growth and Development as counselors (4mks)

- a) Unconditional Love and Acceptance
- b) The Importance of Forgiveness
- c) The Power of Positive Self-Talk

- d) The Importance of Setting Goals and Making Plans
- e) The Power of Prayer and Faith
- f) The Importance of Healthy Relationships

d) Briefly explain the difference between Growth & Development. (4mks)

- **Growth** is quantitative and measurable (e.g., height, weight), while **development** is qualitative and involves changes in abilities (e.g., cognitive, social, emotional).
- **Growth** typically occurs in early life, while **development** continues throughout the lifespan.
- **Growth** can be influenced by factors like nutrition and genetics, while **development** is influenced by a broader range of factors, including experiences and environment.

SECTION II CHOOSE ANY TWO QUESTIONS (20MARKS)

QUESTION TWO

a) Describe the three stages of prenatal development, highlighting the key events and significance of each stage.

The three stages of prenatal development are:

1. **Germinal Stage (Weeks 1-2):**

- Fertilization and zygote formation
- Blastocyst formation
- Implantation This stage is crucial for establishing the foundation of the pregnancy, as it involves the initial cell divisions and the successful implantation of the embryo in the uterine wall.

2. **Embryonic Stage (Weeks 3-8):**

- Formation of the neural tube
- Development of major organs and body systems
- Formation of limbs and facial features

- Development of the placenta This stage is characterized by rapid organogenesis and the establishment of essential body structures.

3. **Fetal Stage (Weeks 9-40):**

- Nervous system development
- Sex differentiation
- Growth and maturation of organs and body systems
- Preparation for birth This stage involves significant growth, refinement of body systems, and preparation for independent life outside the womb.

b) Discuss **TWO** factors that influence motor development, providing examples of how these factors can impact a child's physical skills. (4 Marks)

Factors influencing motor development include:

- **Genetics:** Inherited traits like muscle tone and body type can impact motor skill development.
- **Nutrition:** Adequate nutrition is essential for muscle and bone growth, which supports motor development.
- **Physical activity:** Regular exercise helps strengthen muscles, improve balance, and refine motor skills.
- **Health status:** Illnesses or disabilities can delay or hinder motor development.
- **Socioeconomic status:** Access to resources and opportunities for physical activity can influence motor skill development.

QUESTION THREE

- I. Explain the concept of object permanence and its significance in infant development. (2 Marks)

Object permanence is the understanding that objects continue to exist even when they are out of sight. It is a crucial milestone in cognitive development as it allows infants to form mental representations of objects and to engage in more complex problem-solving and symbolic thinking.

II. Discuss **THREE** factors that influence memory development in infants. (6 Marks)

Factors influencing memory development in infants include:

- a. Repetition and familiarity
- b. Emotional salience
- c. Sensory input
- d. Neurological maturation

111. Describe key difference between receptive and expressive language? (2 Marks)

Receptive language refers to a child's ability to understand language, while expressive language refers to their ability to produce language. Receptive language typically develops before expressive language.

QUESTION FOUR

a) Explain the difference between the following, providing examples of each. (4 Marks)

Nature vs. Nurture:

- **Nature:** Genetic factors that influence development.
- **Nurture:** Environmental factors that influence development.

Nature vs. Nurture: A Complex Interplay

The "nature vs. nurture" debate is a longstanding discussion in psychology and developmental biology that explores the relative influence of genetic inheritance ("nature") and environmental factors ("nurture") on human development.

Nature (Genetics)

- **Definition:** Nature refers to the genetic inheritance or biological factors that influence a person's development.
- **Examples:**
 - **Physical Traits:** Eye color, hair color, and height are largely determined by genetic inheritance.
 - **Temperament:** Inborn personality traits like shyness or extroversion can be influenced by genetic factors.
 - **Mental Abilities:** Certain cognitive abilities, such as intelligence quotient (IQ), may have a genetic component.

Nurture (Environment)

- **Definition:** Nurture refers to environmental factors, including upbringing, social interactions, and cultural experiences that shape a person's development.
- **Examples:**
 - **Language Acquisition:** The language a child learns is primarily influenced by the environment they are raised in.
 - **Cultural Norms:** Cultural values and beliefs can shape a person's behavior and worldview.
 - **Education:** The quality of education and learning experiences can significantly impact a person's cognitive development.

b. Illustrate **THREE** ways parents and caregivers support cognitive and language development in infants and toddlers? (6 Marks)

Parents and caregivers can support cognitive and language development by:

- **Providing a stimulating environment:** Expose infants to a variety of sensory experiences, such as different textures, sounds, and sights.
- **Engaging in responsive interactions:** Talk to infants and toddlers frequently, using clear and simple language.

- **Reading aloud:** Share books with children to foster language development and imagination.
- **Encouraging exploration:** Provide opportunities for children to explore their environment and experiment with different activities.
- **Modeling language:** Use correct grammar and vocabulary when speaking to children.
- **Singing songs and playing games:** These activities can enhance language development and promote social interaction.

QUESTION FIVE

a) Identify the type of attachment style Ariel has (2Mks)

- **Insecure-Resistant Attachment** Ariel's behavior aligns with the characteristics of insecure-resistant attachment, such as clinginess, difficulty separating, and inconsistent behavior.

b) Discuss **TWO** Possible potential underlying causes of Ariel's behavior, considering attachment theory? (4Mks)

- **Inconsistent or insensitive caregiving:** Alex's parents may not have been consistently responsive to his needs, leading to anxiety and insecurity.
- **Family stress or trauma:** Stressful events in the family, such as divorce or illness, can disrupt attachment bonds.

c) Briefly explain **TWO** strategies Ariel's parents could implement to help him develop a more secure attachment style (4Mks)

- **Sensitive and responsive caregiving:** Parents should be attuned to Ariel's needs and respond promptly and consistently.
- **Positive interactions:** Spend quality time with Ariel, engaging in playful and affectionate interactions.

- **Gradual separation:** Gradually increase the time Ariel spends away from his parents, starting with short periods and gradually extending them.
- **Seek professional help:** A child therapist can provide guidance and support to both Ariel and his parents.