



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (MAY TO AUGUST 2025)

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT 502

COURSE TITLE: FAMILY LIFE CYCLE

LECTURER: DR. KIMANI GITHONGO

DATE: JULY 2025

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Section A is Compulsory**
- **Answer any TWO questions in Section B**

SECTION A: COMPULSORY- (20 Marks)

QUESTION 1

Read the case study below and answer all the questions in this section.

The Wambua family lives in Loitoktok, Kenya. Wambua (49) is a mechanic, and his wife Mary (46) runs a small retail shop. Their parents on both sides are alive but ageing in their late seventies. Wambua and Mary have three children: Peter (24), Lucy (18), and Brian (15). The family has lived in the same neighborhood for over 15 years. They are a close-knit, though do not share the same spiritual beliefs. The family has also experienced various challenges especially on the upbringing of the children during their adolescent ages.

- a) Discuss any two stages that this family is in within the family life cycle. **(4 Marks)**
- b) Explain any two developmental tasks that Peter faces at his stage. **(4 Marks)**
- c) Describe three transitional challenges within family with adolescents' stage of the family life cycle. **(6 Marks)**
- d) Analyze any three therapeutic interventions that a marriage and family therapist may utilize for this family to overcome any challenges that may arise at their developmental stage. **(6 Marks)**

SECTION B: ANSWER ANY TWO QUESTIONS FROM THIS SECTION - (20 MARKS)

QUESTION 2

- a) Illustrate two ways in which inter-ethnic marriage may affect family transitions. **(4 marks)**
- b) Describe three unique aspects that single persons face at the old age stage of life in the family Life cycle. **(6 marks)**

QUESTION 3

- a) Assess two challenges that may arise when family members have different spiritual beliefs. **(4 Marks)**
- b) Discuss three challenges faced by the LGBTQI population within the family life cycle. **(6 Marks)**

QUESTION 4

- a) Explain two aspects in which trauma may impact the family life cycle transition. **(4 marks)**

- b) Describe three major adjustments that a couple must take into account as they prepare for their first child. **(6 Marks)**

QUESTION 5

- a) Examine any two considerations the African Traditional Families had for the aged population from the past. **(4 marks)**
- b) Explain three reasons why understanding family life cycle important for marriage and family therapists. **(6 Marks)**