



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
SEPTEMBER-DECEMBER 2018 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU1233

COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

EXAM DATE: WEDNESDAY 5th DECEMBER 2018 (DAY)

DURATION: 3 HOURS

TIME: 9:00AM-12:00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other THREE questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

Section A: Compulsory (40 marks)

- 1a) Differentiate laboratory from naturalistic observation methods of studying psychology (5 marks)
- b) Define the term sensory adaptation (2 marks)
- c) Identify three basic processes involved in perception (3 marks)
- d) With the use of examples differentiate primary from secondary needs (4 marks)
- e) Explain how heredity (nature) and environment (nurture) influences personality development (6 marks)
- f) Discuss any five defense mechanisms (15 marks)
- g) Explain the importance of integrating spirituality into counselling practice (5 marks)

SECTION B: ANSWER ANY THREE QUESTIONS (60 marks)

- 2a) Differentiate absolute from sensory threshold (4 marks)
- b) Discuss any four factors that influence perception (12 marks)
- c) Using examples differentiate shape from size constancy (4 marks)
- 3a) With the use of examples distinguish environmental from personal obstacles (5 marks)
- b) Discuss with examples **any three** of the following types of conflicts (15 marks)
- i) Approach approach conflict
 - ii) Approach avoidance conflict
 - iii) Avoidance avoidance conflict
 - iv) Double approach avoidance conflict
- 4a) Explain how personality type A differs from personality type B (8 marks)
- b) Discuss the following personality temperaments
- i) Sanguine (4 marks)
 - ii) Phlegmatic (3 marks)
 - c) Explain the importance of understanding personality differences among individuals (5 marks)
- 5a) Identify any two advantages and two disadvantages of using laboratory observation method in studying psychology (4 marks)
- b) Discuss any three methods used in life history method of studying psychology (9 marks)
- c) Explain the meaning of the term social desirability (2 marks)
- Give three advantages and two disadvantages of using questionnaires while gathering information in psychology (5 marks)
- 6a) Distinguish intrinsic from extrinsic motivation (5 marks)
- b) With the use of a diagram explain the five levels in Maslow's hierarchy of needs (10 marks)

c) Identify five characteristics of self-actualised individuals

(5 marks)