



COURSE CODE: DLM 100

COURSE TITLE: DEVELOPING PERSONAL DEVELOPMENT

END OF SEMESTER EXAMINATION

SECTION A: ANSWER ALL QUESTIONS FROM THIS SECTION

QUESTION 1

- a) Define the following terms as used in Personal Development:
 - (i) Personal development (2 marks)
 - (ii) Temperament (2 marks)
 - (iii) Goals (2 marks)
- b) State and explain the two types of knowledge according to the strengths-based approach to personal development (4 marks).

QUESTION 2

- a) For personal development to be holistic, there are three areas that one should develop; state two of these areas and give one example of how one can develop in each of the areas (4 marks).
- b) List and explain three benefits of personal development (6 marks).

SECTION B: ANSWER ANY TWO QUESTIONS FROM THIS SECTION

QUESTION 3

- a) While providing an example for each, explain three categories of needs according to Abraham Maslow's hierarchy of needs (6 marks).
- b) State four reasons why goal setting is important (4 marks).

QUESTION 4

State and explain five principles of time management according to John Adair (10 marks).

QUESTION 5

Identify two fundamental personality types and explain two strengths and two weaknesses for each (10 marks).

QUESTION 6

- a) State four characteristics of time that make it a unique resource (4 marks).
- b) Identify and explain three key principles of effective goals' setting and achievement according to Locke and Latham (6 marks).

QUESTION 7

For effective accomplishment of goals, they ought to be S.M.A.R.T. While providing an example for each, state the meaning of each letter in the acronym S.M.A.R.T (10 marks).