



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

CAMPUS: ONLINE & EVENING

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 1323

COURSE TITLE: HUMAN GROWTH AND DEVELOPMENT

EXAM DATE:

TIME:

INSTRUCTIONS:

SECTION A COMPULSORY- 20MKS

QUESTION ONE

- a) Illuminate two factors that influences on human growth and development. **(2mks)**
- b) Define the following concepts in human growth and development. **(4mks)**
- i. Life span perspective
 - ii. Moral development in a child according to Jean Piaget's Theory
- b) Differentiate between the following terms; **(4mks)**
- i. Growth and development
 - ii. Gerontology and Ageism
- e) Expound how the following factors hinders growth and development; **(4mks)**

- i. Cultural and Gender Norms
- ii. Maternal Health Conditions

f) The neighboring hospital has invited you as a counselor to address the expectant mothers on understanding the maturation process of prenatal stage of growth and development. Expound on the following aspects;

- i. The stages of growth and developmental during the prenatal progression. **(2mks)**
- ii. Two influences of teratogens on development of the unborn child. **(4mks)**

SECTION B (CHOOSE ANY TWO QUESTIONS) 20MKS

QUESTION TWO

- a) Evaluate any two problems associated with children who failed to form attachment due to abusive primary caregivers. **(2mks)**
- b) Describe any two factors that contribute to the following growth and development; **(4mks)**
 - i) Low birth weight
 - ii) Preterm babies.
- c) **Read the following and answer the questions that follow;**

Jude is a 17-year-old boy in Form 4. He is the eldest of three children in his family. His parents have been experiencing marital conflict for the past two years, often arguing loudly in their presence and sometimes physically fights. His father has begun drinking heavily, and his mother has taken on extra work in order to manage financially. Jude has assumed some caregiving roles for his younger siblings, such as helping with homework and preparing meals. Recently Jude has shown a significant decline in academic performance. His teachers report that he is often withdrawn, appears tired, and has become increasingly defiant in class. He used to be a bright and cooperative student. He has begun expressing anger through aggressive behavior toward peers, has become socially isolated, and recently admitted to a counselor that he sometimes feels obscure and trapped.

- i) Examine four influences affecting Jude's psychological development highlighted in Erikson's Psychosocial Theory. **4mks**

QUESTION THREE

- a) **Read the following case and answer the questions that follow;**

Matthew is a 36-year-old man who has concerns with his seven-year-old son's health. The son has been diagnosed with a challenge which the doctor had earlier mentioned as perhaps resulting from the parents' genes or human fault during pregnancy or negligence during birth. Matthew has been referred by the

son's class teacher to consult with the counselor. He has visited your counselling center to seek clarity on his child's problem. During the follow-up sessions the counselor discovered that lately the son's grades were declining

- i) Explain to Matthew **Two** biological factors that influence growth and development. (2mks)
 - ii) Outline any **Two** probable environmental factors that could have affected the son's development at post-natal stage. (2mks)
 - iii) Expound **Any** approach you would use to help Matthew on how to support the sons Learning challenges. (2mks)
- b) Evaluate any **Two** behaviors that may manifest in adulthood as a result of individual's fixation at the early psychosexual stages of development. (4mks)

QUESTION FOUR.

- a) Describe any **Two** emotions of a child who has developed a good internal working model. (2mks)
- b) Examine any **Two** behaviors manifested by teenagers who are insecurely attached. (4mks)
- c) **Read the case study and answer the questions that follow;**
Tina is an 8-year-old pupil in Grade 1. Her teacher has noticed that she avoids reading aloud in class and often says, she is not smart like the other pupils. She also hesitates to try new tasks and becomes easily frustrated. The parents report that she spends most of her time alone and avoids homework.
 - i) Clarify two current developmental challenges Tina is experiencing and suggest an intervention for each challenge. (4mks)

QUESTION FIVE

- a) Highlight **Two** biopsychosocial changes and challenges that faces the late adulthood. (2mks)
- b) Explain the following Principles of Growth and Development. (4mks)
 - ii) Cephalocaudal Principle
 - iii) Proximodorsal Principle
- c) Examine any four stages of dying and death as described by Kubler Ross. (4mks)