



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
MAY-SEPTEMBER 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2213

COURSE TITLE: COGNITIVE AND HUMANISTIC THEORY

EXAM DATE: 7TH DECEMBER 2020

TIME: 6:00 P.M. – 9:00 P.M.

DURATION: 3 HRS

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in Section A and **ANY** three in Section B

Section A: Compulsory; attempt ALL questions (10 Marks)

Question 1

Mary is a student and has been studying Abraham Maslow's proposed hierarchy of needs and would like to know its relevance to the world and why?

Discuss the **five** hierarchy of needs **(10 Marks)**

Section B: Attempt Three questions from this section (30 Marks)

Question 2

Carl Rogers has explained the following concepts in his theory, Phenomenal field, Self-actualization and self. Discuss. **(10 Marks)**

Question 3

Kelly's theory of personality is based on his philosophical position of constructive alternativism. Discuss **(10 Marks)**

Question 4

- a) Discuss Albert Ellis A-B-C theory of personality and tell how people develop irrational and masturbatory belief systems. **(5 Marks)**
- b) Albert Ellis gives three main therapeutic processes used in emotive behavior therapy; cognitive, emotive evocative and behavioral, discuss these three processes. **(5 Marks)**

Question 5

Cognitive distortions are systematic errors in reasoning that appear during psychologist distress. Explain what Beck referred as cognitive distortions by using examples. **(10 Marks)**

Question 6

Allport defined a trait as a determining tendency or predisposition to respond to the world in a specific way. Distinguish between common traits and personal dispositions **(10 Marks)**

Question 7

The Big five factor of personality are increasingly being used in helping researchers understand the dimensions of psychological disorders. Discuss the five factor model of personality. **(10 Marks)**