



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (SEPTEMBER TO DECEMBER, 2021)

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COU1233

COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

EXAM DATE: 17th DECEMBER, 2021

TIME: 8.00 AM – 11.00 AM Three (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other TWO questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION (20 MARKS)

QUESTION 1

- a) Explain two features that qualifies Psychology as a science (2 marks)
- b) Describe three reasons why it is important to take a detailed client History (3 marks)
- c) Give three examples of neurotransmitters in the brain (3 marks)
- d) Outline four basic goals of Psychology (4 marks)
- e) Outline two functions of emotions in our daily lives (4 marks)
- f) Explain two ways how meditation can be applied both in Christianity and Psychology (4 marks)

SECTION TWO: ANSWER ANY OTHER TWO QUESTIONS FROM THIS SECTION

QUESTION 2

- a) Describe two functions of sleep (4 marks)
- b) Discuss the three stages of Non-REM sleep (6 marks)

QUESTION 3

- a) Describe how the following theories explain the root cause of emotion
 - i) James-Lange (2 marks)
 - ii) Schachter-Singer (2 Marks)
- a) Discuss three differences between Type A and Type B personalities (6 marks).

QUESTION 4

- a) Give a description of the term 'personality' as used in psychology (2 marks)
- b) Describe how you can apply the following Psychological views in explaining aggression as a human behavior
 - i) Behavioral (4 marks)
 - ii) Cognitive (4 marks)

QUESTION 5

- a) Explain how sleep as a biological drive can motivate the behavior of a child (1 mark)
- b) Describe how the hormone Testosterone can influence the behavior of a 50-year-old man. (4 marks)
- c) Discuss the five hierarchies of need in Marslow's Need Hierarchy theory of motivation. (5 marks)