



PAN AFRICA CHRISTIAN UNIVERSITY

END OF SEMESTER EXAMINATION FOR BACHELOR IN COUNSELING

MAY-AUGUST 2021

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 1323

COURSE TITLE: HUMAN GROWTH AND DEVELOPMENT

EXAM DATE: 5/8/2021

TIME: 6pm-9pm

INSTRUCTIONS

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

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

- a) Differentiate between growth and development (2 marks)
- b) Describe two reasons why counselors should study human growth and development. (4 marks).
- c) Explain any two principles of growth and development. (4marks)
- d) Read the following case study and answer the question that follow.

Mary and John are busy parents and hardly have time for their son Mark who turned one year. As he grew up, the parents delegated most of his duties such as feeding, bathing and other needs to the house help. Mary never breast fed Mark because she wanted to retain the firmness of her breasts and her figure. Most of the time they would leave the house early in the morning before Mark woke up and come back late in the evening. Most of the time they found him asleep. Last year Mary lost her job due to Covid 19 Pandemic and is currently at home. She is so worried that Mark keeps following the house help and cries so much when the house help leaves him. He has no business with the mother or the father. The couple has decided to seek counseling services because of their son's strange behavior.

Using attachment theory describe how you would sensitize Mark's parents on the problem they are facing. (10 marks)

SECTION B: Answer any two (20 marks)

QUESTION TWO

- a) Explain four factors that affect neonate development. (4 marks).
- b) Discuss three ways that would ensure growth and development of healthy children during pregnancy and birth. (6 marks)

QUESTION THREE

- a) Outline two factors that affect perceptual development. (2 marks)
- b) Discuss four challenges faced by the elderly population aged 65 years and above and explain how therapists can help them cope with these challenges. (8 marks)

QUESTION FOUR

- a) Discuss four ethical considerations in developmental research. (4 marks)
- b) Explain six factors that affect moral development. (6 marks)

QUESTION FIVE

- a) Discuss four reasons why social play is declining in the contemporary society. (4 Marks)
Give illustrations
- b) Analyze three factors that may enhance middle life crisis in middle adulthood and explain how these factors affect this population. (6 marks)