



PAN AFRICA CHRISTIAN UNIVERSITY
DIPLOMA IN COUNSELING/YOUTH MINISTRY

END OF TERM EXAMINATION

CAMPUS: ROYSAMBU

COURSE CODE: COD1133

COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

EXAM DATE: TUESDAY 29TH MARCH 2016

TIME: 2.00PM -5.00PM

INSTRUCTIONS:

Answer the questions as instructed at the beginning of each section

SECTION A: Attempt ALL question in this section

Question 1

- a). Define the following terms as used in Psychology. (6 Marks)
- i. Personality
 - ii. Behavior
 - iii. Intelligence
- b). Discuss the structure of the mind (ID, EGO, and SUPER EGO) according to Sigmund Freud and their roles in determining human behavior (12 Marks)
- c). List two benefits of studying psychology (2 Marks)

SECTION B: Answer any FOUR questions from this section

Question 2

- a). Using the classical conditioning learning theory, discuss how marketers use this in the advertising (10 Marks)
- b). Illustrate with a diagram using Abraham Maslow's theory of motivation to explain why some Kenyans would like to go to America (10 Marks)

Question 3

- a). Using relevant examples, show clearly how you would explain to parents in your local church about behavior training using:
- i. Positive reinforcement (10 Marks)
 - ii. Negative reinforcement (5 Marks)
 - iii. Punishment (5 Marks)

Question 4

- a). Define the term "stress" (2 Marks)
- b). Outline at least eight signs you would expect a person under stress to exhibit (4 Marks)
- c). Explain using your understanding of psychology how you would help a person suffering from stress (10 Marks)
- d). Discuss two ways that one can use the Christian faith to manage stress (4 Marks)

Question 5

- a). Using a diagram describe the cognitive triangle in relation to human emotions (12 marks)
- b). Explain how one can manage anger (8 Marks)

Question 6

- a). Explain how the central nervous system works (10 Marks)
- b). Describe how the peripheral nervous system works (10 Marks)

Question 7

- a). Discuss any five ego defense mechanisms and their purposes (10 Marks)
- b). Describe the different stages in sleep cycle that individuals go through (10 Marks)