



PAN AFRICA CHRISTIAN UNIVERSITY

DIPLOMA IN COUNSELING PSYCHOLOGY

END OF TERM EXAMINATION (SEPTEMBER-DECEMBER 2016)

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD1133

COURSE TITLE: Introduction to Psychology

EXAM DATE: FRIDAY 2nd, DECEMBER 2016

TIME: 5.30PM-8.30PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Section A is compulsory.**
- **Answer any FOUR Questions in Section B**

SECTION A: Answer ALL questions

Question 1

- a) Define the following terms
 - Psychology (2 marks)
 - Motivation (2 marks)
 - Cognition (2 marks)
- b) Describe the two main divisions of the brain (4 marks)
- c) Studies show that psychology and the Bible complement each other. Explain (10 marks)

SECTION B: Answer any FOUR questions

Question 2

- a) Explain what influences perception (10 marks)
- b) Describe the first two stages the body undergoes when experiencing stress (10 marks)

Question 3

- a) Discuss the first two stages of sleep (10 marks)
- b) Distinguish emotions from moods (10 marks)

Question 4

- a) Outline the importance of nonverbal communication in counselling session (10 marks)
- b) Abraham Maslow holds a view concerning the hierarchy of needs. Describe these with the help of a diagram (10 marks)

Question 5

- a) A student of psychology can become useful to the society upon graduation. Outline two areas he/she can be used in (10 marks)
- b) Depression affects individuals functioning. Discuss any two symptoms of depression (10 marks)

Question 6

- a) Discuss how the short term memory functions (10 marks)
- b) Explain the benefits of expressing feelings (10 marks)

Question 7

- a) Discuss the reasons scientists still perceive the brain to be complicated despite the many studies that are available (10 marks)
- b) Describe the physical dysfunctions that may result from negative emotions (10 marks)