



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR DIPLOMA IN
COUNSELING PSYCHOLOGY**

SEPTEMBER-DECEMBER 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COD102

COURSE TITLE: PERSONAL DEVELOPMENT

EXAM DATE: MONDAY 2ND DECEMBER 2019

DURATION: 2 HOURS

TIME: 2:00PM-4:00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- This exam script consists of **Six (6)** questions.
- Answer **question ONE** and **Any other three (3)** questions
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY

(a) Define the following terms.

- i) Personal development (2 mk)
- ii) Empathy (2 mks)
- iii) Self-awareness (2 mk)
- iv) Congruence (2 mks)
- v) Coping stance (2 mks)

(b) Explain any advantage of the following factors of personal development:

- i) Johari's window concept. (2 mks)
- ii) Personal boundaries. (2 mks)
- iii) Self-acceptance (2 mks)
- iv) Responsibility taking (2 mks)
- v) Emotional intelligence (2 mks)

(d) Janbell, your friend has confided with you that she struggles a lot when making personal decisions. She states that she is worried a lot about what other people in her life will think or how they will be affected by her decisions. She suffers a lot of anxiety and is unable to communicate the same to her significant others. She is also not able to focus on her academic goals. She has not been able to join the Christian society in her environment due to fear of rejection. From this case study:

- i) Outline any two person centered factors affecting her self-concept. (2 mks)
- ii) Explain the nature of her self-esteem. (2 mks)
- iii) Analyze how state of congruence can enhance her decision making. (2 mks)
- iv) Indicate importance of goal setting in her life. (2 mks)
- v) Relate any two spiritual disciplines that can enhance her mental wellness. (2 mks)

QUESTION TWO

Explain:

- i) With two examples the importance of effective communication in interpersonal relationship. (4 mks)
- ii) Any two advantages of counsellor supervision. (4 mks)
- iii) The importance of counsellor self-awareness in counselling sessions. (2mks)

QUESTION THREE

Describe:

- i) Any two advantages of self-care in counsellor development. (4 mks)
- ii) Importance of significant others in personal development. (4 mks)
- iii) Any two advantages of high self-esteem to a counselling student. (2 mks)

QUESTION FOUR

Analyze

- i) Role of moral values in a counselling relationship. (4 mks)
- ii) Any two advantages of personal therapies to a counselling student. (4 mks)
- iii) The difference between advising and counselling. (2 mks)

QUESTION FIVE

Evaluate:

- i) The difference between assertiveness and aggression. (4 mks)
- ii) Role of active listening interpersonal relationship. (4 mks)
- iii) Relationship between cognitions and behavior. (2 mks)

QUESTION SIX

Discuss:

- i) The difference between personal therapies and supervision. (4 mks)
- ii) Any two psychological barriers to effective communication. (4 mks)
- iii) Pavlov's view of behavior formation. (2 mks)