



**PAN AFRICA CHRISTIAN UNIVERSITY**

**Faculty of Psychology and Counseling**

**DIPLOMA IN COUNSELING PSYCHOLOGY**

**FINAL EXAM SEPTEMBER –DECEMBER 2025**

**COURSE CODE:        COD 102    PERSONAL DEVELOPMENT**

**INSTRUCTIONS:**

Read the instructions and questions carefully before you start the examination.

This exam has FIVE questions. Answer QUESTION ONE and any other

TWO questions from section B.

ALL PAC University's examination rules and regulations apply

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**Instructions:**

Answer all the Questions in Section A and any other **TWO** Questions Section B

**SECTION A**

**QUESTION 1**

**Answer All Questions in Section A And Any Two In Section B**

**Section A:**

- a. Define the term Self-concept as used in this course. ( 2 Mark)
- b. Distinguish between the following terms with relevant examples. (4 Marks)
  - i. Personal Development and Personal Growth.
  - ii. Body Image and self-Image

- c. Explain any FOUR Advantages of Self-Disclosure. (4 Marks)
- d. Describe Counter-transference in counselling. (4 Marks)
- e. Erikson's work on stages of psychosocial development is based on five assumptions: mention any THREE of these assumptions. (6 Marks)

**Section B: Answer any THREE Questions in this section**

**QUESTION 2**

- a. Explain the characteristics of a person with low self-esteem. (4 Marks)
- b. Discuss how you can help a person to improve his/her self-esteem. (6 Marks)

**QUESTION 3**

- a. Explain the term self as used by humanistic theorists. (4 Marks)
- b. Carl Rogers said that for people to "grow," they need an environment that provides them with three important things. Identify and explain the three things.  
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(6Marks)

**QUESTION 4**

- a. Explain the importance of self-reflection in the life of a counselor. (4 Marks)
- b. Counselor training programs often recommend personal therapy for trainees.  
Explain the purpose of this requirement and how it supports the trainee's personal and professional development. (6 Marks)

**QUESTION 5**

- a. Define the term anger. (2 Marks)

- b. Briefly explain how anger is caused. (4 Marks)
- c. Discuss any FOUR benefits of self-awareness to a counselor. (4 Marks)