



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
JANUARY-APRIL 2019 SEMESTER

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2213

COURSE TITLE: COGNITIVE&HUMANISTIC PERSONALITY THEORIES

EXAM DATE: THURSDAY 11th APRIL 2019

DURATION: 3 HOURS

TIME: 5:30PM-8:30PM

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.*
- **Answer question ONE and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY

- a) Define the following terms:
 - i) A need according to Henry Murray (2 marks)
 - ii) Personality (2 marks)
- b) Describe the structure of personality according to Henry Murray's theory (6 marks)
- c) Briefly explain the concept of biological determinism according to Hans Eysenck's theory (6 marks)
- d) Give reasons why it is important to study source traits (6 marks)
- e) Discuss what is involved in rediscovering selfhood with regard to Rollo May's theory (6 marks)
- f) Define myth according to Rollo May (4 marks)
- g) Differentiate between Sociotropy as and Autonomy according to Aaron Beck's theory (4 marks)
- h) Briefly explain Aaron Beck's description of personality (4 marks)

QUESTION TWO

- a) Describe four types of needs identified by Murray (12 marks)
- b) Explain how needs influence personality basing on Murray's theory (6 marks)
- c) Distinguish between the following personality dimensions as articulated by Hans Eysenck:
 - i) Extraversion and Introversion (6 marks)
 - ii) Neuroticism and Psychoticism (6 marks)

QUESTION THREE

- a) Explain the concept of anxiety according to Rollo May (10 marks)
- b) Describe what Beck meant by the following concepts:
 - i) Schemas (4 marks)
 - ii) Automatic thoughts (4 marks)
 - ii) Cognitive distortion (4 marks)
- c) Explain the goal of rational emotive behavior therapy of Albert Ellis (8 marks)

QUESTION FOUR

- a) Explain what Rollo May meant by "powerlessness" (10 marks)
- b) Describe the concept of cognitive triad as explained by Aaron Beck (12 marks)
- c) Explain four goals of therapy according to Albert Ellis theory (8 marks)

QUESTION FIVE

- a) Discuss four types of needs as presented by Henry Murray (10 marks)
- b) Using Murray's theory distinguish between the following characteristics and categories of needs:
 - i) Subsidization and prepotency (6 marks)
 - ii) Ambition needs and affection needs (6 marks)

c) With an exposition of your own personality explain how the knowledge you have gained in this unit helps you to understand yourself (8 marks)