



PAN AFRICA CHRISTIAN UNIVERSITY

DIPLOMA IN LEADERSHIP

END OF SEMESTER EXAMINATION

DEPARTMENT

LEADERSHIP

COURSE CODE

DLM 100

COURSE TITLE

MANAGING PERSONAL DEVELOPMENT

EXAM DATE

August 2025

TIME Duration

3 hours

INSTRUCTIONS

- Read all questions carefully.

Section A - **All TWO (2) Questions are compulsory.** (20 marks each)

Section B - **Choose TWO (2) question among the five questions.** (20 marks)

Section A - All TWO (2) Questions are compulsory. (20 marks)

- 1
 - a) Define personal development. (2 mark)
 - b) Differentiate between self-development and personal-development. (2 marks)
 - c) Define Strengths-Based approach to personal development. (2 marks)
 - d) Self-Awareness forms the foundation for personal development. Define Self-Awareness (2 marks)

- e) Explain Work- Life balance in self-management (2 marks)
- 2. Identify and explain FIVE components of personal development (10 marks).

Section B - Choose Two (2) question among the Five. (20 marks)

- 3. The basic personality TRAITS have been development over the years. Name and explain 5 personality traits. (10 marks)
- 4. a) Understanding John Holland's theory helps one identify careers and education programs that fit who they. Name and explain three (3) personality types. (6 marks)
b) Discuss four (4) Time Management Skills. (4 marks)
- 5. a) Describe five areas of Wheel of awareness in Personal development. (5marks)
b) List five (5) areas of personal growth. (5 marks)
- 6. a) Decision making is a skill everyone can learn. Name and explains the three (3) levels of decision making (6 marks).
b) Define Self-management and name three self-management skills. (4 marks)
- 7. Personal development is a journey with goals. Name and explain S.M.A.R.T. goals framework. (10 Marks)

END