



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

CAMPUS: ONLINE & DAY
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU2133
COURSE TITLE: HUMANISTIC & COGNITIVE PERSONALITY THEORIES
EXAM DATE:
TIME:

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- This question paper has FIVE questions. Answer **QUESTION ONE** and any other **TWO** questions from section B.
- TIME: 2 HRS
- Write clearly and legibly
- ALL PAC University's examination rules and regulations apply

SECTION A (COMPULSORY) 20MKS

QUESTION ONE

- a) Define the following terms (6mks)
- Personality Theory**
 - Psychotherapy Theories-**

iii. Cognitive Schemas

- b) Explain the Human View of personality Albert Ellis 2mks
- c) Highlight the four stages of development by Rollo May 2mks-
- d) Highlight any TWO characteristics that define a person 2mks.
- e) Examine how Biblical teachings can shape human behavior 2mks
- f) Read the following and answer the questions that follow;

Lukas has been working for the last 3years and is glad that he has been able to provide to his family. Lately, so many alumnae have been hired and some of his responsibilities given to them. Their salary scale is also higher. Lukas is worried about the turn of events. He wishes to study his Masters degree but not sure how the manager will respond when he rises the issue.

- a. Describe three higher-order need that Lukas need to attain to achieve happiness 6mks

SECTION B (CHOOSE ANY TWO QUESTIONS) 20MKS

QUESTION TWO

- a) Explain the following according to Carl Rogers (2mks)
 - i. Actualization
 - ii. Congruence and Incongruence
- b) Expound on the tenets of A-B-C Theory of personality according to Albert Ellis. 2mks
- c) Discuss the three necessary therapeutic attitudes for change as highlighted by Carl Rogers's Theory. 6mks.

QUESTION THREE

- a) Explain the drive or motivation to self-actualize factor to fulfill happiness and satisfaction According to Abraham Maslow 2mks
- b) Illuminate any two of the personality traits illustrated by Dispositional Theory 2mks
- c) Describe Hans Eysenck attitudes of extraversion and introversion 2mks
- d) Discuss any TWO factors that influence psychological processes in a human being according to personality theorists. 4mks.

QUESTION FOUR

- a) Define anxiety according to Rollo May 2mks
- b) Discuss the first TWO States of Consciousness of Self according to Rollo May 4mks.
- c) Differentiate between the following philosophical assumptions in the personality theories; 4mks.
 - i. Freedom versus determinism
 - ii. Hereditary versus environmental
 - iii. Uniqueness versus universality

QUESTION FIVE

- a). Discuss George Kelly's philosophical position of Constructive Alternativism 2mks
- b) Differentiate between the Surface Traits Versus Source Traits as distinguished by Raymond Catell 4mks
- c) Read the following and answer the questions that follows;

Mercy was celebrating her 25th birthday and the fiancée promised to take her out to her favorite restaurant. She was ready and waited for the fiancée to call her but he never called. She tried to contact her but he never responded. Mercy got so angry and wondered why he had to hurt her on her special day. Is it that he never cared enough to remember the promise? She feels sad that the day turned to be a failure. Where did these feeling of hurt and sadness come from? Was the lack of a phone call that caused the hurt or the thoughts about the lack of a phone call that hurt.

- i. Explore TWO ways you would treat the presented issue by the client 2mks
- ii. Classify any TWO functions of a Cognitive theorist during the process of counselling 2mks