



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR CERTIFICATE IN
COUNSELING PSYCHOLOGY
SEPTEMBER-DECEMBER 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: CCOU0113

COURSE TITLE: PERSONAL DEVELOPMENT

EXAM DATE: FRIDAY 6TH DECEMBER 2019

DURATION: 2 HOURS

TIME: 9:00AM-11:00AM

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*

Section A: Compulsory (30 marks)

Question 1.

a) Define the following terms;

- i) Personal development (2 Marks)
- ii) Life Skills (2 Marks)
- iii) Mentor (2 Marks)

b) List the skills in each of the following

- i) Knowing and living with Self (2 Marks)
- ii) Knowing and living with others (2 marks)

c) List the THREE Skills of effective decision making (6 marks)

d) i) Describe any THREE youth attitudes that hinder them from fully exploiting their God-given potential (6 Marks)

ii) Explain the role of a mentor in leadership (4 Marks)

Section B: Answer any four questions (30 Marks)

Question 2

- a) Differentiate between being proactive and being reactive (4 Marks)
- b) Discuss the significance of Self-awareness in Counseling (6 Marks)

Question 3

- a) Briefly describe transference in counseling (4 Marks)
- b) Describe with examples “Blind spot” in Johari’s Window (6 Marks)

Question 4

- a) Explain the importance of self-reflection in the life of a counselor (6 Marks)
- b) Describe how low self-esteem can affect the counselor attitude in counseling (4 Marks)

Question 5

- a) Describe the importance of high self-esteem in a client’s life (4 Marks)
- b) Explain any THREE roles of morals in Leadership (6 Marks)

Question 6

- a) Describe Counter-transference in counselling (4 Marks)
- b) Discuss any THREE key issues presented in the Johari window (6 Marks)