



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

SEPTEMBER-DECEMBER 2018 SEMESTER

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU1113

COURSE TITLE: LIFE SKILLS & PERSONAL DEVELOPMENT

EXAM DATE: TUESDAY 4TH DECEMBER 2018

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
- This exam paper has **Two (2) sections A & B**
- Answer **All** questions in section **A (Compulsory)** and any **Three** questions from section **B**
- *Write clearly and legibly.*
- Indicate the questions you have answered on the cover page of the Answer-Booklet.
- *ALL PAC University's examination rules and regulations apply*

SECTION A –COMPULSORY -40 MARKS

QUESTION 1

- a) Define the following terms:
- i) Self-concept 2marks
 - ii) Personal growth 2marks
 - iii) Motivation 2marks
- b) Differentiate between Expectancy and Arousal theories of motivation. 4marks
- c) Briefly explain the role of emotions in motivation 4marks
- d) Describe the benefits of self-awareness for a practicing counselor. 4marks
- e) Discuss any three steps of managing personal development 6marks
- f) Describe the following aspects of personal development:-
- i) Spiritual development (4 marks)
 - ii) Emotional development (4 marks)
 - iii) Physical development (4 marks)
- g) Differentiate between intrinsic motivation and extrinsic motivation (4marks)

SECTION B – 60 MARKS

QUESTION 2.

- a) Describe any four of Erik Erickson's stages of psychosocial development. (8 marks)
- b) Describe self-Awareness using the Johari model. (6 marks.)
- c) Explain any three characteristics of self-concept development in adolescents (6 marks)

QUESTION 3.

- a) Discuss "self" according to Carl Rogers's Person centered theory. (10 marks)
- b) Describe stage of "entering adult life ages 22-28 years" as proposed by Daniel Levinson.

(6marks)

- c) State the two reappearing seasons in a person's life according to Daniel Levinson

(4marks)

QUESTION 4.

- a) Explain the instinct theory of motivation (8marks)
- b) Distinguish between a 'drive' and an 'incentive' 4 marks
- c) Explain the characteristics of a fully functioning person according to Carl Rogers

(8 marks)

QUESTION 5.

- a) Using relevant examples describe how a counselor's dysfunctional motives can harm the client (8marks)
- b) Briefly explain the self-concept maintenance theory (6 marks)

c) Discuss how self-concept affects interpersonal relationships.

(6 marks)