



PAN AFRICA CHRISTIAN UNIVERSITY
END OF TERM EXAMINATION (SEP TO DEC 2020)
CAMPUS: ROYSAMBU
DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COU1113
COURSE TITLE: LIFE SKILLS

EXAM DATE: DEC 2020
TIME: 5.30 PM to 8.30 PM - Three (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

- a) Describe the two main types of maturation (4 marks)
- b) Discuss the 3 major components or categories of life skills according to the WHO (6 marks)

SECTION TWO: ANSWER ANY OTHER THREE QUESTIONS FROM THIS SECTION

QUESTION 2

Describe the five common causes of stress in your life and five ways that you would use to manage the stress (10 marks)

QUESTION 3

- a) Briefly explain three things one has to take into consideration to communicate effectively and accurately (3 marks)
- b) You have suddenly received the news that your best friend is being kicked out of his house due to having rent arrears. Describe the seven steps you will take to help him solve this problem (7 marks)

QUESTION 4

Discuss five main theories that explain the motivation behind human behavior (10 marks)

QUESTION 5

- a) Describe four characteristics of self concept that you can identify with (4 marks)
- b) Distinguish between the following theories of self-concept (6 marks)
 - i) Identity and Self-Concept Theory in Psychology
 - ii) Carl Rogers and the Self-Concept Theory of Personality
 - iii) Self-Concept Maintenance Theory