



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS COUNSELLING PSYCHOLOGY
MAY-AUGUST, 2025

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3122

COURSE TITLE: CLINICAL SUPERVISION 2

EXAM DATE:

TIME:

INSTRUCTIONS

- This Exam accounts for forty (40) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries Twenty (20) marks. Attempt all the sections.
- Section B has **five** (5) questions, each carrying Ten (10) marks. You are required to answer any **two** (2).

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

Divine is 12 years old. She lost her parents 2 years ago due to AIDS-related illnesses. After the death of her parents Barak one of her uncles decided to take her. Her aunt (Barak's wife) usually shouts at her. She keeps on reminding Divine that her parents died of AIDS and that she should be thankful that she is allowed to stay in the house. The aunt often beats her for small mistakes. The other children in the house do not do any chores, but play or watch TV. Divine does everything: washing clothes, sweeping and mopping the floor, washing dishes, sometimes she cooks. She has no time to rest or do her studies and she is often absent from school. She has complained to her uncle, but nothing has changed. She asked her neighbours to help her but they said it was none of their business and they didn't want to provoke her aunt.

Recently, her aunt went away to visit relatives, taking the other children with her. One day uncle Barak came back from the bar late and he asked Divine to go and clean his bedroom. While she was there he came in and locked the door and forced her to have sex with him. He threatened her and said if she told anyone he would send her out of the house with nowhere to go.

From this story answer the following questions

- a) List at least five child abuses in the story. 5 marks
- b) List at three (Divine's) perpetrators. 3 marks
- c) Discuss at least four of Divine's rights that were violated. 6 marks
- d) If Divine was your client discuss at least three ways you would assist her. 6 marks

PART B: ANSWER ANY TWO QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

Question Two

Zhara is a grade six pupil was called into the school head's office to explain why she has been absent. She says that she has been escorting her mother to the hospital. She talks quietly, hiding her mouth with her hand and looking down at the floor.

Explain

- a) Discuss (2) verbal messages she is giving. 4 marks
- b) Describe (3) emotions Zhara is showing through non-verbal communication? 6 marks

Question Three

- a) Explain two goals for child and adolescents counseling. 4 marks
- b) With examples discuss three effective ways to demonstrate genuine interest in a child or adolescent's story during a counseling session. 6 marks

Question Four

Read the following statement: “My friends are telling me that they do not want to play with me anymore” use the 5 levels of active listening to identify what the statement is telling you at each of the 5 levels. 10 marks

Question Five

- a) Discuss two ways Child/adolescents therapy delivery differs from adults. 4 marks
- b) Describe three important functions that goals serve in the counseling process .6 marks

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JAN-APR 2025

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 106

COURSE TITLE: STRESS AND STRESS MANAGEMENT

EXAM DATE:

TIME:

INSTRUCTIONS

- This Exam accounts for forty (40) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries Twenty (20) marks. Attempt all the sections.

- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **two (2)**.

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

Question One

- a) Define the term Stress. (2 marks)
- b) Explain two major determinant of stress. (4 marks)
- c) With examples describe the two major types of stress. (6 marks)
- d) Discuss the relationship between stress, and Depression. (8 marks)

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

Question Two

- a) Articulate four common symptoms of stress. (4 marks)
- b) Analyze how the following factors are associated with stress.
 - i. Personality traits. (2 marks)
 - ii. Lack of Social Support. (2 marks)
 - iii. Sleep Deprivation. (2 marks)

Question Three

- a) Describe the ultimate goal of stress management. (2 marks)
- b) Discuss any four techniques for stress management. (8 marks)

Question Four

- a) Discuss the importance of stress assessment. (4 marks)
- b) Explain the three stage stress process according to General Adaptation Syndrome (GAS) Model. (6 marks)

Question Five

- a) Discuss the relationship between stress and burnout.(4 marks)
- b) Highlight three symptoms of burn out. (6 marks)