



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR DIPLOMA IN
COUNSELLING PSYCHOLOGY**

SEPTEMBER-DECEMBER 2018 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD102

COURSE TITLE: PERSONAL DEVELOPMENT

EXAM DATE: TUESDAY 4TH DECEMBER 2018

DURATION: 3 HOURS

TIME: 2:00PM-5.00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- This exam has **two** sections. That is, section **A** and **B**
- Answer **all** questions in section **A**
- Answer **three** questions from section **B**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

Section A – Answer all questions in this section.

Study this case study and answer the following questions.

John lost his job 3 months ago. He has lost appetite, weight and decreased interest in sex. He is frustrated, has paranoid thoughts, hating, weary, withdrawal and has feeling of emptiness. He feels a failure, devoid of joy, sense of utility and experiences stuckness. His wife is the sole bread winner now. She scolds him telling him how hopeless he is and the burden she is bearing for taking care of their home. She has actually filed for divorce but before then he has to be evicted from the house. For the last one week John has been denied food and he is the talk of the village. John feel demoralized as he comes to you for help.

- 1 (a) Explain **any five** burnout symptoms that has affected John. (10 Mks)
- (b) (i) Discuss **any three** ways that John could manage his emotions as per the case study above (9 Mks)
- (ii) Identify **any three** benefits of esteeming self for psychological fitness (9 Mks)
- (i) State **any three** elements of Johari window (6 Mks)
- (ii) Discuss **any two** conflicts resolution skills that you can use for your personal development awareness (6 Mks)

Section B: Answer any THREE questions in this section – Total marks 60%

- 2 (a) Discuss **any four** stages of psychosocial theory by Erick Erickson (12 Mks)
- (b) Explain **any four** levels of Abraham Maslow hierarchy of needs (8 Mks)
- 3 (i) Describe **the four** major components of personal self concept (12 Mks)
- (ii) Discuss **any four** benefits of negotiating abilities in your personal development awareness (8 Mks)
4. (i) Describe **any two** core conditions that enhances your personal growth as a counselor (8 Mks)
- (ii) Discuss the purposes of **any four** elements of individual family shield (12 Mks)
- 5 (i) State **any four** characteristics of emotional well being (12 Mks)
- (ii) Discuss **any two** differences between James Large theory and Canon Bard Theory of emotions (8 Mks)