



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

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU1323

COURSE TITLE: HUMAN GROWTH AND DEVELOPMENT

EXAM DATE: MONDAY 2ND DECEMBER 2019

DURATION: 2 HOURS

TIME: 2:00PM-4:00PM

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*

QUESTION ONE: COMPULSORY

- a) Define the following terms as used in human growth and development
 - i. Human development (1 mark)
 - ii. Life span (1 mark)
 - iii. Life expectancy (1 mark)
 - iv. Biological processes (1 mark)
 - v. Life span perspective (1 mark)
- b) Giving five major reasons, explain the rationale for studying human growth and development (10 marks)
- c) Briefly explain how the study of the major developmental theories has influence regarding the concept of “human beings are fearfully and wonderfully made” (5 marks)
- d) Identify any five teratogens in the prenatal period of human growth and development that may contribute to physiological disorders (5 marks)
- e) Describe the significance of the concept of nature versus nurture in the post natal stage of human development (5 marks)

QUESTION TWO

- a) What is the significance of developmental theories (2 marks)
- b) Briefly describe the four essential theories of lifespan development (4 marks)
- c) Explain the major contributions of the psychoanalytic perspective in understanding human growth and development (4 marks)

QUESTION THREE

Outline the major contributions of the following persons to understanding human growth and development.

- a) Ivan Pavlov (1848-1936) (5 marks)
- b) B.F. Skinner (1905-1990) (5 marks)

QUESTION FOUR

Describe the following concepts and their implication in human growth and development

- a) The microsystem (5 marks)
- b) The mesosystem (5 marks)

QUESTION FIVE

- a) Describe John Bowlby’s attachment theory (2 marks)
- b) Identify the challenges that are likely to be experienced in interpersonal relationships with children who had ambivalent attachment in their formative years (4 marks)
- c) Explain any two major contributions of attachment theory to effective parenting (4 marks)

QUESTION SIX

Research shows that there is still a challenge in understanding the critical care that needs to be taken during the perinatal stage of human development among some rural communities in Kenya who prefer traditional birth attendants. Describe the major areas a development psychologist would address with the significant persons in such communities (10 marks)