



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DIPLOMA IN COUNSELING
PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 104

COURSE TITLE: INTRA AND INTERPERSONAL RELATIONSHIPS

EXAM DATE:

DURATION: 2 HOURS

TIME: 5.30 PM -7.30 PM

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
- SECTION A is Compulsory.
- Choose 3 questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A (Compulsory)

QUESTION ONE

a) Distinguish between intra-personal and interpersonal relationships with examples.

(6marks)

b) Discuss 4 ways you can build your self-esteem

(4marks)

QUESTION TWO

a) Evaluate emotional intelligence in relation to personal and social competence.

(6marks)

b) Describe two ways you can reduce, prevent or cope with stress

(4marks)

SECTION B

QUESTION TWO

a) Describe your own personality

(2marks)

b) Discuss Johari Window in relation to importance self-awareness

(8marks)

QUESTION THREE

a) Discuss two biblical principles for Christian families.

(4marks)

b) Compare and Contrast two things that agape love does and does not do.

(6marks)

QUESTION FOUR

a) Evaluate the first two phases of negotiation.

(4marks)

a) Describe three types of conflict with examples

(6marks)

QUESTION FIVE

a) Distinguish self-awareness and self-assessment.

(4marks)

b) Evaluate the statement “you can either change the situation or change your reaction” in relation to managing stress.

(6marks)



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PSYCHOLOGY**

SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 103

COURSE TITLE: PSYCHODYNAMIC THEORIES

EXAM DATE

DURATION: 2 HOURS

TIME:

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
- SECTION A is Compulsory.
- Choose 3 questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A

QUESTION ONE

- a) Describe using a diagram the concept of psychological types according to Carl Jung's theory
(4marks)
- b) Using examples discuss how people use protective devices to overcome anxiety (discuss 3 devices).
(6marks)

SECTION B

QUESTION TWO

- a) Analyze the depressive position by Melanie Klein.
(4marks)
- b) Describe the similarities between Alfred Adler's personality types and Karen Horney's coping strategies.
(6marks)

QUESTION THREE

- a) Distinguish in two ways between the good and the bad objects
(4marks)
- b) Explain two ways in which childhood experiences affect adulthood
(6marks)

QUESTION FOUR

- a) Discuss how you can raise awareness using a defense mechanism to help your client deal with anxiety in a healthy manner
(4marks)
- b) Evaluate the effects of sibling positions in parenting using examples three sibling positions identified by Adler
(6marks)

QUESTION FIVE

- a) The Bible has discussed the perspective of self in detail. What does the Bible say you are? (10 marks)



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**END OF SEMESTER EXAMINATION FOR THE DEGREE OF PSYCHOLOGY
COUNSELLING**

SPECIAL EXAMS, AUGUST 2020

CAMPUS: ROYSAMBU CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD110

COURSE TITLE: COUNSELLING SKILLS THEORY

EXAM DATE:

DURATION: 2 HOURS

TIME:

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 HOURS
- SECTION A is Compulsory. Total Marks **10 Marks**.
- Answer **THREE** questions in **SECTION B** each question carries **10 Marks**.
- *Write clearly and legibly.*

Course Code : COD 110 – Counseling Skills Theory

Section A – Answer all the questions in this section - Total Marks - 10%

- 1 (a) Discuss any **two** fundamentals of counseling (4 Mks)
- (b) Describe any **two** ways that a counselor can help client commit themselves to productive agendas in session (4 Mks)
- (c) Indicate briefly how this course has been helpful to you (2 Mks)

Section B: Answer any three questions from this section.

Each question is (10 Mks) - Total Marks – 30%

- 2 (a) Discuss any **two** stages of Nelson Jones Model in a counseling process (6 Mks)
- (b) Explain by giving examples any **two** purposes of questioning skill. (4Mks)
3. (a) Describe any **two** ways how a counselor can help clients explore their discrepancies during therapeutic alliances. (6 Mks)
- (b) Illustrate any **two** ways that counselors can help clients develop a therapeutic alliance in a session (4 Mks)
4. (a) Discuss any **two** common blind spot of a client (4 Mks)
- (b) Demonstrate by giving examples any **two** major qualities of a counselor (4 mks)
- (c) Describe any **one** kind of client's resistance (2 Mks)
5. (a) Discuss any **two** aims of middle stage in a therapeutic relationship (6 Mks)
- (b) Identify any **two** roles of a counselor during termination (4 Mks)
6. (a) Describe any **two** ways how assessment is done in counseling (6Mks)
- (b) Explain any **two** specific skills that would help a client challenge their blind spot areas and move forward to new perspective (4 Mks)



DEPARTMENT: PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020

COURSE CODE: COD111

COURSE TITLE: COUNSELLING SKILLS LAB

DURATION: 2 HOURS

TIME:

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 HOURS
- SECTION A is Compulsory. Total Marks **10 Marks**.
- Answer **THREE** questions in **SECTION B** each question carries **10 Marks**.
- *Write clearly and legibly.*

Section A – Answer all the questions in this section – Total Marks 30%

- 1 (a) Explain the following phrases:
- (i) Clients mistrust in the initial stage (2 Mks)
 - (ii) Application of implementing goals (2 Mks)
- (b) Discuss any **two** steps in helping a client find solution in life (4 Mks)
- (c) Describe how you can use a scaling question in terminating a session. (2Mks)

Section B: Answer any three questions from this section.

Each section carries 10 Marks. Total Marks – 30 %

- 2 (a) Discuss any **two** reasons why counselors help clients implement goals (6 Mks)
- (b) Explain any **two** ways how counselor's listening skill would remain relevant to clients in sessions (4Mks)
3. (a) Illustrate how a counselor can build a Rapport in a session (2 Mks)
- (b) Describe any **two** ways that can develop an effective "**competent counselor.**" (4 Mks)
- (c) Identify any **two** reasons a counselor must reflect on before planning counseling strategies. (4 Mks)
4. (a) Discuss any **two** counselor fears in terminating a session. (4 Mks)
- (b) Demonstrate by giving examples **any two reasons that may** indicate the need for referring the client for further help (4 Mks)
- (c) Illustrate **how** road block to effective communication can hinder a therapeutic session. (2 Mks)
5. (a) Discuss any **two** different steps to crisis intervention (4 Mks)
- (b) Describe any **two** ways that a counselor would attend a client in the **final** stage of counseling (4 Mks)
- (c) Explain **how** psychological approach may differ from the pastoral. (2 Mks)
- 6 (a) Discuss any **three** benefits of active listening in counseling (6 Mks)
- (b) Compare and contrast any **two** differences between destructive and Constructive feedback in counseling (4Mks)



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SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 104

COURSE TITLE: INTRA AND INTERPERSONAL RELATIONSHIPS

EXAM DATE:

TIME:

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- Write your **student number** in the answer booklet given
- This question paper has SIX questions. Answer **QUESTION ONE** and any other **THREE** questions from section B.
- *Write clearly and legibly*
- *Time allowed: 2 hrs*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (10 MARKS)

QUESTION 1

- a) Highlight TWO types of motivators. (2 marks)
- b) Differentiate between intrapersonal and interpersonal skills. (4 marks)
- c) Discuss any TWO skills of negotiation. (4 marks)

SECTION B: Answer any THREE questions from this section 10 Marks each.

QUESTION 2

- a) Highlight TWO leadership skills (2 marks)
- b) Describe FOUR ways one can manage stress. (8 marks)

QUESTION 3

- a) Explain TWO ways of developing Self-Awareness (2 marks)
- b) Discuss any FOUR ways one can develop good interpersonal communication skills. (8 marks)

QUESTION 4

- a) Highlight FIVE characteristics of Intrapersonal intelligence. (5 marks)
- b) List FIVE elements that make up self-regulation. (5 marks)

QUESTION 5

- a) Explain TWO ways you can build self-esteem. (4 marks)
- b) Discuss any THREE features that make up motivation. (6 marks)

QUESTION 6

- a) Explain THREE habits of a self-controlled person. (6 marks)
- b) Describe TWO ways you can build social responsibility in your community. (4 marks)



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SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 105

COURSE TITLE: CHILD GROWTH AND DEVELOPMENT

EXAM DATE

TIME

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- Write your **student number** in the answer booklet given

- This question paper has SIX questions. Answer **QUESTION ONE** and any other **THREE questions from section B.**
- *Write clearly and legibly*
- *Time allowed: 2 hrs*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (10 MARKS)

QUESTION 1

- a) Explain the following influences on human growth and development:
- i) Environmental influences (3 marks)
 - ii) Hereditary influences (3 marks)
- b) Examine TWO cognitive changes that occur during adolescence stage. (4 marks)

SECTION B: Answer any THREE questions from this section 10 Marks each.

QUESTION 2

- a) Explain the term self-actualization according to Maslow (2marks)
- b) Discuss any TWO ways that intelligence can be measured in children. (4 marks)
- c) Highlight any FOUR types of perceptions. (4 marks)

QUESTION 3

- a) Discuss how classical conditioning and operant conditioning can be used in the following areas:
- i) In the classroom (5 marks)
 - ii) At home (5 marks)

QUESTION 4

- a) Discuss the FIVE stages in Erik Erikson stages.
- i. Stage 1- Trust vs. Mistrust
 - ii. Stage 2 - Autonomy vs. Shame and Doubt
 - iii. Stage 3 - Initiative vs. Guilt
 - iv. Stage 4 - Industry vs. Inferiority

v. Stage 5 - Identity vs. Confusion

(10 marks)

QUESTION 5

a) List any TWO ways in which learning takes place in child development.

(2 marks)

b) Discuss Piaget's FOUR stages of cognitive development.

(8 marks)

- i. Sensorimotor stage
- ii. Pre-operational stage
- iii. Concrete operational stage
- iv. Formal operational stage

QUESTION 6

a) Differentiate between punishment and negative reinforcement.

(2 marks)

b) Explain the FOUR styles of attachment according to Bowlby.

(8 marks)



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SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 2213

COURSE TITLE: CURRENT SOCIAL ISSUES

EXAM DATE:

TIME

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- Write your **student number** in the answer booklet given

- This question paper has SIX questions. Answer **QUESTION ONE** and any other **THREE questions from section B.**
- *Write clearly and legibly*
- *Time allowed: 2 hrs*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (10 MARKS)

QUESTION 1

- List TWO psychological issues brought about by domestic violence. (2 marks)
- Discuss TWO psychological issues affecting Homosexuals. (4 marks)
- Explain TWO how politics affects social current issues. (4 marks)

SECTION B: Answer any THREE questions from this section 10 Marks each.

QUESTION 2

- Highlight TWO ways the church can mitigate current social issues. (2 marks)
- Describe TWO physiological effects of the following drugs:
 - Alcohol (2 marks)
 - Tobacco (2 marks)
- Highlight any FOUR risks of drug abuse. (4 marks)

QUESTION 3

- Describe any TWO types of power. (4 marks)
- Identify any TWO causes of organized crime. (2 marks)
- Discuss any TWO characteristics of organized crime groups. (4 marks)

QUESTION 4

- Describe any THREE ways the BBI is affecting the society. (6 marks)
- Explain TWO gender based issues that could be brought in a counseling session. (4 marks)

QUESTION 5

- Highlight any FOUR advantages of ethnicity. (4 marks)
- Explain any THREE ways the corona virus pandemic has affected our country. (6 marks)

QUESTION 6

- a) Explain THREE ways culture and community maintains domestic violence. (6 marks)
- b) Highlight any FOUR areas that the women population are discriminated against. (4 marks)