



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (MAY TO AUGUST 2020)

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COD108

COURSE TITLE: INTRODUCTION TO PROFESSIONAL ETHICS

EXAM DATE: 20th AUGUST 2020

TIME: TWO (2) 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 TWO questions FROM SECTION TWO from the choices provided.**

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

- a. You have been approached by a local TV producer to appear in one of their shows in a panel presentation with your Client who has obsessive compulsive personality disorder. Discuss
 - i. whether you would reject or accept the invitation (2 Marks)
 - ii. four reasons supported by the relevant ethical Standards for your decision (8 Marks)
- b. Explain any five reasons you would give to a Counselor who has asked if there is a necessity for a code of Ethics for Counselors while attending a Seminar at Nairobi (10 marks)

SECTION TWO: ANSWER ANY TWO QUESTIONS FROM THIS SECTION

QUESTION 2

Kioko has called in your office in need of counseling services. Describe five key aspects you would let him know about counseling before you commence counseling sessions with him (10 marks)

QUESTION 3

Explain any five instances that may constitute multiple relationships between a therapist and a client. (10 marks)

QUESTION 4

Analyze five instances in which a therapist may be considered to have practiced beyond the scope of his competence (10 marks)

QUESTION 5

Discuss the importance of any five client's records that are crucial in therapy (10 marks)



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
DIPLOMA IN COUNSELING PSYCHOLOGY
MAY-SEPTEMBER 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD107

COURSE TITLE: COUNSELLING MODELS

EXAM DATE:

TIME:

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in Section A and **ANY** three in Section B

Section A: Compulsory; attempt ALL questions (10 Marks)

Question 1

John is well interested on Psychoanalytic view and he has heard that personality consists of three systems:-

- a) Discuss the three personality systems. **(6 Marks)**
- b) Freud says that we can get fixated in either of the psychosexual stages. Explain with examples how this would happen and the outcome. **(4 Marks)**

Section B: Attempt Three questions from this section (30 Marks)

Question 2

Personal Therapy is a requirement for each student studying Counseling discuss if this is something you would want to do, why? Or why not? **(10 Marks)**

Question 3

Each counselling model we have learned in class has its own uniqueness in considering the counselling process which one do you consider the most important and why in the following categories:-

- a) Key concepts **(4 Marks)**
- b) Therapeutic Techniques and procedures **(6 Marks)**

Question 4

Sigmund Freud proposes ego defense mechanism discuss how do clients use these defense mechanism? **(10 Marks)**

Questions 5

Mary and Joe are expecting their first child and they have come to visit you for advice on whether parents can use both punishment as well as reinforcement to discipline their children? On what principles of learning do you base your opinion? **(10 Marks)**



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

**END OF SEMESTER EXAMINATION FOR THE BACHELOR OF ARTS IN
COUNSELING PSYCHOLOGY**

MAY – AUGUST 2020 TRIMESTER

CAMPUS: ONLINE EXMINATION

COURSE CODE: COD 106 COURSE TITLE: STRESS AND STRESS MANAGEMENT

EXAM DATE: AUGUST 17TH 2020

DURATION: 3 HOURS

TIME: 2.30-5.30 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 ONE** is Compulsory.
- **SECTION TWO** Choose *Any Three Questions*
- *Write clearly and legibly.*

SECTION ONE

QUESTION ONE

- a) Give a clinical definition of stress (2 Marks)
- b) Critically analyze four (4) signs of stress (8 Marks)

SECTION TWO

QUESTION TWO

- a) Discuss the fight or flight response to stress (4 marks)
- b) Evaluate three (3) common causes of stress (6 marks)

QUESTION THREE

- a) Discuss two (2) categories of people who are more vulnerable to stress (4 marks)
- b) Analyze three (3) stress management approaches (6marks)

QUESTION FOUR

- a) Describe two (2) relaxation exercises that can help to reduce stress (4marks)
- b) Discuss three (3) symptoms of depression (6 Marks)

QUESTION FIVE

- a) Describe three (3) causes of burnout among Kenyan workers especially during the current COVID-19 pandemic (4marks)
- b) From the Christian perspective, explain how you would support a client who is struggling with burnout (6 marks)



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**END OF SEMESTER EXAMINATION FOR THE DIPLOMA AND
CERTIFICATE IN COUNSELING PSYCHOLOGY**

MAY - AUGUST 2020 SEMESTER

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD102 & CCOU0113

COURSE TITLE: PERSONAL DEVELOPMENT

EXAM DATE: 19TH AUGUST 2020

DURATION: 2 HOURS

TIME: 8.00 A.M

INSTRUCTIONS:

Read the instructions and questions carefully before you write the answers.

This Exam has TWO SECTIONS.

SECTION A is Compulsory.

Answer any **THREE** questions in **SECTION B**

SECTION A : COMPULSORY (10 MARKS)

QUESTION ONE

- a) Highlight **One** way that a practicing counsellor can develop congruence. (2 Marks)
- b) Explain **One** benefit of personal development to a practicing counsellor. (2 Marks)
- c) Describe **One** reason why a counsellor should attend counselling supervision. (2 Marks)
- a) Analyze any **Two** stages of Gibbs' Reflective Cycle as a model of reflection. (4 Marks)

SECTION B : ANSWER ANY THREE (3) QUESTIONS

QUESTION TWO

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- a) Highlight **One** characteristic of a fully functioning person according to Carl Rogers. (2 Marks)
- b) Describe **Two** benefits of self-awareness for a practicing counselor. (4 Marks)
- c) Explain any **Two** levels of Abraham Maslow hierarchy of needs. (4 Marks)

QUESTION THREE

-
- d) Highlight **One** reason why personal therapy is important to a counselling student. (2 Marks)
- e) Discuss any **Two** differences between James Large Theory and Canon Bard Theory of emotions. (4 Marks)
- b) Using **Two** personal examples, explain how you can use Johari Windows concept to attain personal development. (4 Marks)

QUESTION FOUR

- a) Outline **One** advantage of group decision making. (2 Marks)
- b) Explain **Two** ways that a counsellor can deal with transference. (4 Marks)
- c) Discuss any **Two** stages of Psychosocial Theory by Erick Erickson (4 Marks)

QUESTION FIVE

- a) Highlight **One** way of integrating self-awareness in a Christian perspective. (2 Marks)
- b) Discuss **Two** ways that a counseling student can develop self-esteem. (4 Marks)
- c) Analyze **Two** ways that a counsellor can enhance personal development through problem solving. (4 Marks)

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QUESTION SIX

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- a) Explain **Two** important factors of self-awareness in counselling sessions. (2 Marks)
- b) Describe how low self-esteem can affect the counselor attitude in counseling. (4 Marks)
- c) Explain **One** way of contributing to a greater self-concept according to the Self-concept Maintenance Theory. (4 Marks)



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**END OF SEMESTER EXAMINATION FOR THE DIPLOMA IN
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MAY - AUGUST 2020 SEMESTER

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 110

COURSE TITLE: COUNSELLING SKILLS THEORY

EXAM DATE: 21ST AUGUST 2020

DURATION: 2 HOURS

TIME: 2.30 P.M

INSTRUCTIONS:

Read the instructions and questions carefully before you write the answers.

This Exam has TWO SECTIONS. **SECTION A** is Compulsory.

Answer any **THREE** questions in **SECTION B**

SECTION A : COMPULSORY (10 MARKS)

QUESTION ONE

Read the following excerpt of a counselling session and answer the questions that follow:

Client (Annabell): I have so many things that are going on in my life right now. Another hectic semester has started, my father lost his job because of Covid 19 and my mother has contracted the virus and is on isolation. *(keeps quiet and looks down for a minute)*..... I find myself running around trying to take care of everything in the house. I have to buy food, look after my siblings, go to work and I have to complete my assignments. I am behind on all my schedules. I am not sure I can take it anymore.” No, no, I can’t! *(starts sobbing)*.

- a) Explain **One** reason why silence occurred for the client. (2 Marks)
- b) Highlight **One** question you would use to respond to Annabell’s issue. (2 Marks)
- c) Paraphrase what the client said. (2 Marks)
- d) Discuss any **Two** qualities that you would need to respond to Annabell effectively. (4 Marks)

SECTION B : ANSWER ANY THREE (3) QUESTIONS

QUESTION TWO

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- a) Highlight how this course has been helpful to you. (2 Marks)

- b) Discuss **Two** ways that a counselor can facilitate a client tell their story. (4 Marks)
- c) Illustrate any **Two** contents or parts contained in the Client-Counselor's Contract. (4 Marks)

QUESTION THREE

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- a) Explain any **One** component of a termination session. (2 Marks)
- b) Describe any **Two** situations when a counselor can confront a client. (4 Marks)
- c) Discuss **Two** reasons on the importance of helper self-disclosure in helping clients challenge themselves. (4 Marks)

QUESTION FOUR

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- a) Outline any **One** characteristic of a therapeutic relationship. (2 Marks)
- b) Highlight **Two** key aspects of the attending skill. (4 Marks)
- c) Explain any **Two** specific skills that would help a client challenge their blind spot areas and move to new perspectives. (4 Marks)

QUESTION FIVE

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- a) Highlight **One** area where it is appropriate to use challenging skills. (2 Marks)
- b) Explain any **two** guidelines of using probes. (4 Marks)
- c) Discuss how you would use any **Two** core conditions of Carl Rogers theory to help a client. (4 Marks)

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QUESTION SIX

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- a) Highlight **One** situation where confidentiality can be broken. (2 Marks)
- b) Describe **Two** ways that a counselor can build a therapeutic alliance in a session. (4 Marks)

- c) Discuss the **Two** types of questions that may be used during the counseling process. (4 Marks)



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MAY - AUGUST 2020 SEMESTER

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 112

COURSE TITLE: PROJECT WRITING

EXAM DATE: 25TH AUGUST 2020

DURATION: 2 HOURS

TIME: 8.00 A.M

INSTRUCTIONS:

Read the instructions and questions carefully before you write the answers.

This Exam has TWO SECTIONS.

SECTION A is Compulsory.

Answer any **THREE** questions in **SECTION B**

SECTION A : COMPULSORY (10 MARKS)

QUESTION ONE

- a) Highlight **one** purpose of studying project writing. (2 Marks)
- b) Differentiate between independent variable and dependent variable. (2 Marks)
- c) Outline the purpose of the introduction section in a research project. (2 Marks)
- d) Describe any **two** sources of a research problem. (4 marks)

SECTION B : ANSWER ANY THREE (3) QUESTIONS

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QUESTION TWO

- a) Explain the term “snowballing”. (2 Marks)
- b) Analyze **two** features of research project. (4 Marks)
- c) Highlight **one** difference between systematic random sampling and purposive sampling. (4 Marks)

QUESTION THREE

- a) Highlight one purpose of the literature review. (2 Marks)
- b) Discuss any **two** qualitative research methods. (4 Marks)
- c) Outline **two** differences between exploratory and descriptive research. (4 Marks)

QUESTION FOUR

- a) Explain **one** purpose of the reference section in a research project. (2 Marks)
- d) Analyze the **two** types of participant observation in research. (4 Marks)
- e) Discuss any **two** types of questionnaires used in research. (4 Marks)

QUESTION FIVE

-
- a) Explain the term “research”. (2 Marks)
- f) Describe **two** types of sampling methods. (4 Marks)
- g) Discuss any **two** methods of data collection in research. (4 Marks)

QUESTION SIX

- Highlight **two** differences between qualitative and quantitative research. (4 marks)
- Discuss three non-probability sampling techniques (6 marks)



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

MAY - AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 109

COURSE TITLE: HUMANISTIC THEORIES

EXAM DATE: 26TH AUGUST 2020

TIME: 2:30PM

INSTRUCTIONS:

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

SECTION A: COMPULSORY (10 MARKS)

QUESTION 1

- a) Define the term Actualization. (2 marks)
- b) Discuss any ONE assumptions of humanistic psychology. (2marks)
- c) Explain the empty chair technique in Gestalt Theory. (2marks)
- d) Examine ONE way that a counselor would be effective in Client centered Theory. (2marks)
- e) Describe the concept of Intentionality according to Existential Theory. (2marks)

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

QUESTION 2

a) Define the following terms:

- i) Humanism. ii) Locus of evaluation (4marks)
- b) Explain any THREE reasons on the importance of theories. (6marks)

QUESTION 3

- a) Define the term Gestalt. (2marks)
- b) Explain any TWO basic needs highlighted in Reality Therapy (4marks)
- b) Examine TWO characteristics of a self-actualized person. (4marks)

QUESTION 4

- a) Define the term Personality. (2marks)
- b) Differentiate between growth needs and deficiency needs according to Maslow. (4marks)
- b) Describe any TWO characteristics of a fully functioning person. (4 marks)

QUESTION 5

- a) Describe TWO goals of Reality Therapy. (4marks)
- b) Discuss the THREE Basic principles of the client centered Therapy. (6marks)

QUESTION 6

- a) Define the term Incongruence. (2marks)
- b) Examine TWO types of Love in Existential Psychoanalysis. (4marks)
- c) Discuss TWO philosophical issues on which personality theories can be compared. (4marks)