



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

**SEPTEMBER – DECEMBER 2020 SEMESTER**

**CAMPUS: ONLINE**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COD102 & CCOU0113**

**COURSE TITLE: PERSONAL DEVELOPMENT**

**EXAM DATE: 11<sup>TH</sup> DEC. 2020**

**DURATION: 2 HOURS**

**TIME: 2.30-4.30PM**

**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) Describe one benefit of self-awareness for a practicing counselor. (2 Marks)
- b) Highlight one way that a practicing counsellor can develop congruence. (2 Marks)
- c) Explain one way of contributing to a greater self-concept according to the Self-concept Maintenance Theory. (2 Marks)
- d) Discuss two ways that you can use JOHARI's concept to attain personal development. Use personal examples. (4 Marks)

## **SECTION B : ANSWER ANY THREE (3) QUESTIONS**

### **QUESTION TWO**

- a) Discuss one element of a reflective learning journal. (2 Marks)
- b) Describe any two components of personal self-concept. (4 Marks)
- c) Explain two characteristics of a fully functioning person according to Carl Rogers. (4 Marks)

### **QUESTION THREE**

- a) Highlight one reason why personal therapy is important to a counselling student. (2 Marks)
- b) Describe any two activities included in personal development. (4 Marks)
- c) Discuss any two differences between James Large Theory and Canon Bard Theory of emotions. (4 Marks)

### **QUESTION FOUR**

- a) Highlight one disadvantage of group decision making. (2 Marks)
- b) Discuss two ways that your self-portrait has improved from this course. (4 Marks)
- c) Describe any two stages of psychosocial theory by Erick Erickson and how they affect personal development. (4 Marks)

### **QUESTION FIVE**

- a) Describe one way that low self-esteem can affect the counselor attitude in counseling. (2 Marks)
- b) Explain any two components of counselling supervision. (4 Marks)
- c) Explain two ways that a counsellor can deal with transference. (4 Marks)

### **QUESTION SIX**

- a) Describe one way of integrating self-awareness in a Christian perspective. (2 Marks)
- b) Explain two characteristics of a clinical supervisor. (4 Marks)
- c) Analyze two ways that a counsellor can enhance personal development through problem solving. (4 Marks)