



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

MAY-AUGUST 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU1113

COURSE TITLE: LIFE SKILLS & PERSONAL DEVELOPMENT

EXAM DATE: FRIDAY 9th AUGUST 2019

DURATION: 2 HOURS

TIME: 9:00AM-11:00AM

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 has **TWO** Sections
- **SECTION ONE** is Compulsory.
- Answer **ANY THREE** questions in **SECTION TWO**
- *ALL PAC University's examination rules and regulations apply*

SECTION ONE-COMPULSORY

1. (a) With one example define the following terms.
- (i) Critical thinking (2mks)
 - (ii) Analytical thinking (2mks)
 - (iii) Empathy (2mks)
 - (iv) Creative thinking (2mks)
 - (v) Goal setting (2mks)
- (b) (i) Outline the four parts of JOHARI's window. (4 mks)
- (ii) Relate any two parts of JOHARI's concept with self awareness. (4mks)
- (iii) Describe the relationship between effective communication and personal development. (2mks)
- (c) Briefly discuss:
- (i) What self esteem is. (4mks)
 - (ii) The two negative extremes of self esteem. (4mks)
 - (iii) Any two ways in which a counseling student can develop self esteem. (2mks)
- (d) Jimo, a 21 year old student has visited your counseling centre. He lives in a children's home. His narrative indicates lack of goals in his life. He complains that his friends always mislead him into participating to unplanned for tasks. As a result, his academic grades have dropped and he does not know what to do. He fears his sponsor will withdraw his financial support.
- (i) With two examples, explain to Jimo the importance of goal setting. (4mks)
 - (ii) Discuss the two factors of locus of evaluation that Jimo needs to understand in regard to decision making. (4mks)
 - (iii) Explain the relationship between goal setting and academic achievement. (2mks)

SECTION TWO – ANY THREE QUESTIONS

2. (a) Differentiate between: (4 mks)
 (i) Self and idealized self. (4 mks)
 (ii) Assertiveness and aggression. (4 mks)
 (iii) Anxiety and neurosis. (4 mks)
 (b) (i) Discuss any two advantages of counseling supervision. (4 mks)
 (ii) With an example, explain two advantage of capacity of self awareness in personal development. (4 mks)
3. (a) (i) identify any four advantages of personal therapies to a counseling student. (4 mks)
 (ii) Analyze any two major causes of stress to a counseling trainee. (4mks)
 (b) Differentiate between:
 (i) Self esteem and self concept. (4 mks)
 (ii) An extroverted personality and an introverted personality. (4 mks)
 (iii) Stress and burnout. (4 mks)
4. (i) Analyze any two symptoms of low self worth that can be manifested by a counseling student. (4mks)
 (ii) “Self awareness is the key to personal development.” Explain with a personal example. (4 mks)
 (iii) Illustrate the relationship between freedom and responsibility. (4 mks)
 (iv) Outline any two psychological barriers to effective communication. (4 mks)
 (v) Discuss the importance of observational skill in effective communication. (4 mks)
5. (i) Explain what it means for you to be in the process of striving for an identity. (4mks)
 (ii) Explore any two ways that a counselor can resolve burnout. (4mks)
 (iii) “Man is not an island.” Justify this statement using knowledge gained in life skills and personal development course. (4mks)
 (iv) Analyze any two negative emotions that can develop due to poor parent-child interaction. (4 mks)
 (v) Describe any two probable sources of burnout to a counsellor. (4 mks)