



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

**MAY-AUGUST 2021 SEMESTER
COURSE CODE: COU1113
COURSE TITLE: LIFE SKILLS AND PERSONAL DEVELOPMENT
EXAM DATE: 6 AUGUST 2021
DURATION: 3 HOURS
TIME: 5.30 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 **TWO** questions in **SECTION B**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

- a) Differentiate between
 - i) Neurotic and normal anxiety as a condition of living (2 Marks).
 - ii) Assertiveness and emotions (2 Marks)
- b) Using one personal example, explain how you can use Johari Window's concept to attain personal development. (2 Marks)
- c) Explain two roles of emotions in motivation. (4 Marks)
- d) Discuss two ways that attitudes, thoughts, and feelings determine personal growth. (4 Marks)
- e) Explain any three elements of emotional intelligence according to Daniel Goleman (6 Marks)

SECTION B : ANSWER ANY TWO (2) QUESTIONS

QUESTION TWO

- a) Illustrate two disadvantages of group decision making (4 Marks).
- b) Explain three psychological barriers to effective communication in therapy (6 Marks).

QUESTION THREE

- a) Analyze any three steps of managing personal development (6 Marks)
- b) Discuss two ways that a counselor who is a flexible decision maker can avoid the problem of becoming too open-minded (4 Marks).

QUESTION FOUR

Study the case below and answer the questions that follow.

Carola loves her work, she however thinks her colleague Betina is a better worker than her. This makes her feel that her job security is threatened. Carola has plotted to take away some files from Betina's desk so that Betina may be in trouble with her boss. When Betina learned of it, the two had a heated argument where they insulted each other and were about to physically go for each other before another colleague intervened.

- a) Identify three emotions portrayed by:
 - i) Carola (3 Marks)
 - ii) Betina (3 Marks)
- b) Discuss three ways you can help Carola in this situation (4 Marks).

QUESTION FIVE

- a) Demonstrate two reasons why personal therapy is important to a counseling student. (4 Marks)
- b) Explain three dimensions of life as viewed by existential therapists in relationship to self awareness (6 Marks).