



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF COMMERCE
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
BACHELOR OF BUSINESS LEADERSHIP
BACHELOR OF BUSINESS AND INFORMATION TECHNOLOGY
SEPTEMBER -DECEMBER 2025

COURSE CODE: COU1113

COURSE TITLE: LIFE SKILLS AND PERSONAL DEVELOPMENT

EXAM DATE: MONDAY 8TH DECEMBER 2025

TIME: 2:00PM-4:00PM

DURATION: 2 HOURS

INSTRUCTIONS:

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer ALL questions in Section A are compulsory.
- Answer Any Two questions from Section B (each 20 marks).

SECTION A (Compulsory – 20 Marks)

Question 1 A

Define the following terms:

- i. Emotional Intelligence (2 Marks)
- ii. Resilience (2 Marks)
- iii. Interpersonal competence (2 Marks)
- iv. Intrapersonal relationship (2 Marks)
- v. Self-Awareness (2 Marks)

Question 1 B

Demonstrate ways in which life skills can be applied in the following contexts:

- i. Home (2 Marks)
- ii. Work (2 Marks)
- iii. Society (2 Marks)

Question 1 C

- i. Explain how the Christian value of stewardship can guide a person in developing effective decision-making and time management skills. (2 marks)

Consider Galatians 5:22–23 (“*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*”)

- ii. Describe how the fruit of the Spirit can enhance an individual’s interpersonal relationships and emotional intelligence in daily life. (2 marks).

SECTION B: Answer ANY TWO Questions (20 Marks)

Question 2 – Case Study

Lydia, a 24-year-old recent university graduate, has just completed her degree in Counselling. Excited about joining the job market, she moves to a new city to begin her career search. However, after several months of unsuccessful job applications, Lydia begins to feel anxious and uncertain about her future. She struggles to manage her finances, often spending impulsively on entertainment and online shopping to cope with stress. Her social life also takes a toll on her. She finds it difficult to make new friends and often feels isolated. One day, after missing a promising job interview due to poor time management, she realizes she needs to change how she handles her life. She decides to attend a life skills development workshop, where she learns about self-awareness, emotional intelligence, decision-making, and goal setting. Over time, Lydia begins to budget her income, sets realistic career goals, manages her emotions better, and builds a support network of peers and mentors.

- a. Evaluate TWO ways in which emotional intelligence could help Lydia improve her interpersonal relationships (2 Marks).
- b. Identify any TWO life skills that Lydia lacked at the beginning of her life outside school (2 Marks).
- c. Highlight any TWO strategies Lydia could use to strengthen her decision-making abilities (2 Marks).
- d. State TWO ways in which developing resilience could contribute to Lydia’s overall mental and emotional well-being (4 Marks)

Question 3

- a) Explore THREE factors that Carl Rogers believed influence Self-Concept (3 Marks)
- b) Explain any TWO key aspects of personal development (4 Marks)
- c) List down any THREE roles of Self-Concept in Personality Development (3 Marks)

Question 4

- a) Explain how the “Open Area” of the Johari Window contributes to the development of a healthy self-concept (2 Marks).
- b) Demonstrate any TWO ways on how feedback from others can help minimize the “Blind Area” and improve one’s self-awareness (2 Marks).
- c) Expose the relationship between the “Hidden Area” and a person’s level of self-disclosure in shaping self-concept (2 Marks).
- d) Analyze TWO ways in which the Johari Window model can be used in counseling or group settings to enhance self-understanding and interpersonal relationships (4 Marks).

Question 5

- a) Explain any TWO ways in which intrapersonal and interpersonal processes interact (4 Marks)
- b) Highlight any THREE key dimensions of personal growth and maturation (3 Marks).
- c) List down any THREE barriers to effective decision making (3 Marks)