



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR

DIPLOMA IN COUNSELING PSYCHOLOGY

JANUARY – APRIL 2018 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD102

COURSE TITLE: PERSONAL DEVELOPMENT

EXAM DATE: FRIDAY 13TH APRIL 2018

TIME: 9:00AM-11:00AM

INSTRUCTIONS

- This examination script consists of **Five (5)** questions.
- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **Question ONE** and any other **TWO** questions
- Question **one** carries **35** marks
- Question 2-5 carry **15** marks each

QUESTION ONE: COMPULSORY

(a) Explain the importance of the following aspects of personal development to a counseling student:

- i) Self awareness (2 mks)
- ii) Analytical thinking (2 mks)
- iii) Creative thinking (2 mks)
- iv) Critical thinking (2 mks)
- v) Problem solving skills (2 mks)

(b) Describe:

- i) The effects of locus of evaluation and self concept. (4 mks)
- ii) The relationship between stress and poor academic performance. (4 mks)
- iii) At least two characteristics of a student who has attained self awareness. (2 mks)

(c) Jasmin has visited your counseling center for help. She says that she is experiencing a lot of stress due to study workload. She is unable to submit his term papers on time and is experiencing challenges in group work. When she is alone, she cuts her arms with a pen knife to soothe her frustrations. Further exploration indicates that she does not have written goals for her study and that she keeps postponing tasks to the future.

- i) From the case study above, what are some of the reasons for Jasmin's poor performance? (6 mks)

- ii) Explain to Jasmin the relationship between unconscious mind and self harm (4 mks)
- iii) Using biblical examples, explain to Jasmin the importance of goal setting in life. (5 mks)

(5 mks)

QUESTION TWO

- (a) Discuss the four parts of Johari's window in relation to self awareness. (8 mks)
- (b) Using personal examples, describe how you can use JOHARI's concept to attain personal development. (4 mks)

(4 mks)

- (c) Describe the importance of significant others in your personal development. (3 mks)

(3 mks)

QUESTION THREE

- (a) Bandura viewed personal development to be much associated with an individual's ability to be motivated. Analyze at least two factors underlying the person's ability to be motivated. (6 mks)

(6 mks)

- (b) Existential therapists view human beings as being in the "re-creative process." Discuss. (6 mks)

(6 mks)

- (c) Explain the relationship between self esteem and self development. (2 mks)

QUESTION FOUR

- (a) Analyze the importance of good communication in personal development. (6 mks)

(6 mks)

- (b) Discuss importance of personal therapies to a counseling student. **(6 mks)**
- (c) Describe at least three sources of burnout to a counseling student. **(3 mks)**

QUESTION FIVE

- (a) Explain the importance of a fully developed brain in personal development. **(3 mks)**
- (b) Discuss how a counseling student can develop self esteem. **(6 mks)**
- (c) Explore the importance of this course to a counseling student. **(6 mks)**