



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR DIPLOMA IN
COUNSELLING PSYCHOLOGY**

MAY-AUGUST 2018

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD104

COURSE TITLE: INTRA AND INTERPERSONAL RELATIOSHIPS

EXAM DATE: TUESDAY 7TH AUGUST 2018

TIME: 5:30PM-8:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- Answer Question **1** in Section A and any **Two** Questions in Section B
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (30 MARKS)

QUESTION 1

- a) Define the following terms
- (i) Emotional self-control
 - (ii) Perception
 - (iii) Assertiveness
 - (iv) Attitude
- (8 marks)
- b) Describe three reasons why life skills are important to a counsellor
- (6 Marks)
- c) Modern-day psychologists agree there are five major personality types. Explain any four types.
- (8 Marks)
- d) Mention four components of interpersonal communication
- (4 Marks)
- e) List four methods of improving self-concept
- (4 Marks)

SECTION B: CHOOSE ANY TWO (2) QUESTIONS

QUESTION 2

- a) Name three ways that could help a person to manage their emotions
- (3 Marks)
- b) Describe two dimensions of attitudes.
- (4 Marks)
- c) Discuss four ways of strengthening relationships in expressing gratitude and appreciation

(8 Marks)

QUESTION 3

- a) Discuss three attributes of Emotional Intelligence.
- (6 Marks)
- b) Explain three ways of developing Self-Awareness.
- (9 Marks)

QUESTION 4

- a) Mention five techniques of dealing with stress management
- (5 Marks)
- b) Discuss any five competencies for developing Social Skills
- (10 Marks)

QUESTION 5

- a) Explain three reasons why cognitive skills are important in interpersonal relationships.
- (6 Marks)
- b) Discuss the process of interpersonal communication.
- (9 Marks)