



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

**SEPTEMBER - DECEMBER 2021 SEMESTER
COURSE CODE: CCOU0113
COURSE TITLE: PERSONAL DEVELOPMENT
DATE: 20 DECEMBER 2021
DURATION: 3 HOURS
TIME: 8.00AM**

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) Describe one way that low self-esteem may affect the counselor's attitude in counseling. (2 Marks)
- b) Highlight one way of integrating self-awareness in a Christian perspective. (2 Marks)
- c) Explain any two activities that are included in personal development. (4 Marks)
- d) Analyze any two stages of Gibbs' Reflective Cycle as a model of reflection. (4 Marks)
- e) Discuss two ways that a counselor could use the unknown area in Johari's Window for personal development. (4 Marks)
- f) Explain any two differences between Canon Bard Theory of emotions and James Lange Theory. (4 Marks)

SECTION B: ANSWER ANY TWO (2) QUESTIONS

QUESTION TWO

- a) Demonstrate one way of dealing with transference during a counseling session. (2 Marks)
- b) Analyze two ways that a counsellor may enhance personal development through problem solving (4 Marks).
- c) Discuss two characteristics and dimensions of self-concept according to Self-concept Maintenance theory. (4 Marks)

QUESTION THREE

- a) Explain one element of Erikson's psychosocial theory that influences personal development. (2 Marks)
- b) Explain any two core conditions for growth according to Carl Jung. (4 Marks)
- c) Describe any two components of counseling supervision as a means of personal development. (4 Marks)

QUESTION FOUR

- a) Outline one advantage of group decision making. (2 Marks)
- b) Highlight two ways that a counselor could develop congruence. (4 Marks)
- c) Describe two ways that a counselor could use the Johari Window for self-awareness. (4 Marks)

QUESTION FIVE

- a) Differentiate between ideal self and self-image in self-centered theory. (2 Marks)
- b) Highlight any part of instinct as suggested in Instinct Theory of Motivation. (2 Marks)
- c) Discuss any two levels of hierarchy of needs theory and indicate how they affect personal development. (6 Marks)