



**PAN AFRICA CHRISTIAN UNIVERSITY SCHOOL
OF HUMANITIES AND SOCIAL SCIENCES**

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

SEPTEMBER-DECEMBER 2025 SEMESTER

COURSE CODE: COD 109

**COURSE NAME: HUMANISTIC
THEORIES (BLENDED STUDENTS)**

INSTRUCTIONS

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

QUESTION ONE- Compulsory

SECTION A: Answer all questions – Total Marks 20

1.a) Define the following terms;

- i) Phenomenology **(2marks)**
- ii) Self-actualization **(2marks)**
- iii) Formative tendency **(2marks)**

b.) Outline any two of additional needs that were included by Maslow theory **(2marks)**

c) Identify **four examples** of meta pathologies according to Maslow theory **(4marks)**

d) Differentiate between intrinsic motivation and extrinsic motivation **(4marks)**

e) Outline **any four** characteristics of person of tomorrow/ fully functioning person **(4marks)**

SECTION B: Answer Any Two Questions (20 Marks)

QUESTION TWO

- a) Blocks in our actualizing tendency is the cause of all psychological problems. Justify this statement **(2marks)**
- b) Discuss **any two** causes of psychological distress according to Carl Rogers **(4marks)**
- c) Describe **any two** core conditions for therapeutic growth according to Carl Rogers **(4marks)**

QUESTION THREE

- a) Discuss any two core assumptions of humanistic theories **(4marks)**
- b) Describe Maslow's hierarchy of needs and identify its relevance to human motivation **(6marks)**

QUESTION FOUR

- a) Describe how genuineness is incorporated in therapy session **(4marks)**
- b) Discuss **any three** universal techniques used in humanistic counselling **(6marks)**

QUESTION FIVE.

- a) Discuss **any two** ways that transcendence needs can be fulfilled according to Maslow theory **(4marks)**
- b) Carl Roger saw the process of therapeutic change as taking place in seven stages: Describe **any three** of seven stages **(6marks)**

