



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

JANUARY-APRIL 2019 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2213

COURSE TITLE: COGNITIVE AND HUMANISTIC THEORIES

EXAM DATE: MONDAY 15th APRIL 2019

DURATION: 3 HOURS

TIME: 2:00PM-5:00PM

INSTRUCTIONS

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

QUESTION ONE: COMPULSORY

- (a) Briefly discuss the following terms:
- (i) Neurotic needs (2 mks)
 - (ii) Tyranny of shoulds (2 mks)
 - (iii) Extroversion (2 mks)
 - (iv) Biophilous character (2 mks)
 - (v) Necrophilous character (2 mks)
- (b) Petronilah is a 48 year old lady who has consulted with you at your counseling center complaining of fear and inability to perform tasks with others in her society. On further exploration, you conceptualize that Petronilah is suffering from early life social developmental issues. You also thinks that her personality could be playing negative roles in her life.
- (i) Outline any four major types of personality traits that you would explore with her. (4 mks)
- (ii) Outline any three likely social psychoanalytic issues indicated by Karen Horney that you could explore with your client. (3 mks)
- (iii) Using Fromm's view of transcendence, explore the likely two feelings that Petronilah is wrestling with in the process of transcendence. (4 mks)
- (iv) Explain to your client the meaning of this quote in essence of actualization, "man is not an island." (4 mks)
- (c) Discuss the following human nature of personality:
- (i) Having mode (3 mks)
 - (ii) Reproductive orientation (3 mks)
 - (iii) Hoarding orientation (3 mks)
 - (iv) Introverted personality (3 mks)
 - (v) Deterministic personality (3 mks)

QUESTION TWO

- (i) Briefly explain with examples the characteristics of the following escape mechanisms:
- 1. Authoritarianism. (3 mks)
 - 2. Destructiveness. (3 mks)
 - 3. Automaton conformity. (3 mks)
- (ii) Trait theorists belief that under the right type of stimulation both introvert and extrovert personalities can perform highly. Identify the appropriate stimulation for each of these personality traits. (6 mks)
- (iv) According to social psychoanalysts, process of transcendence can be a major course of human social strains. Critique this concept with examples. (6 mks)
- (iii) Analyze any three goals of social psychology by Erick Fromm. (9 mks)

QUESTION THREE

- (i) Learning takes place in regard to what is attached to the performance. Justify this assertion. **(9 mks)**
- (ii) Discuss any three social learning goals by Julian Rotter. **(6 mks)**
- (iii) Differentiate between behaviours of a person stimulated by internal locus of control and the one stimulated by external locus of control. **(6 mks)**
- (iv) Analyze at least three advantages of feministic psychology to your society. **(6 mks)**

QUESTION FOUR

- (i) Explain the nature of the following themes of existential psychoanalysis.
 - (a) Neurotic anxiety **(3 mks)**
 - (b) Love and will **(3 mks)**
 - (c) Love and sex **(3 mks)**
- (ii) Discuss what is meant by biological trait theorists, “behaviour is as a result of brain processing through the five senses. **(9 mks)**
- (iii) Illustrate three behaviours of a person whose life is controlled idealized self. **(6 mks)**
- (iv) Analyze the relationship between need and press in personality formation. **(6 mks)**

QUESTION FIVE

- (i) Justify the reason for Murray’s recommendation of different professional assessment for client’s cases before conclusion. **(6 mks)**
- (ii) Explain any two behaviours of a person who uses internal locus of control in life. **(6 mks)**
- (iii) Differentiate between surface traits and source traits in regard to human behaviour by Raymond Cartell. **(6 mks).**
- (iv) Discuss the importance of this course to a counseling student. **(12 mks)**