



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

JANUARY- APRIL 2025 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD109

COURSE TITLE: HUMANISTIC THEORIES

EXAM DATE:

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question 1 and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

PART A COMPULSORY. ANSWER ALL QUESTIONS (20 Marks).

QUESTION 1.

- a). Explain the following terms as used in humanistic theories;
- i). Humanistic Psychology **(2Marks)**
 - ii). Third Force **(2Marks)**

iii). Phenomenology **(2Marks)**

iv). Existential Anxiety **(2Marks)**

b). Humanistic psychology values individuality, while African cultures often emphasize communal relationships.

Discuss **two** ways on how you can balance these perspectives in counseling **(4Marks)**.

c). Justify **two** ways educators can use humanistic theories to create a more empowering learning environment **(4Marks)**.

d). A client comes to therapy feeling anxious about their future and the uncertainty of life, questioning their purpose.

Elaborate **two** ways on how you can integrate the Gestalt focus on "present-moment awareness" with the biblical principle of trusting God for the future (Matthew 6:34 "**Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own**") to guide the client **(4Marks)**.

PART B. ANSWER ANY TWO QUESTIONS (20Marks)

QUESTION 2

a). Demonstrate **two** ways on how the concept of Ubuntu align with Carl Rogers' emphasis on unconditional positive regard **(4Marks)**.

b). Abraham Maslow emphasized self-actualization as the peak of human motivation.

Discuss **three** points on how this concept can be applied to individuals in post-colonial African societies seeking to rebuild their sense of identity **(6Marks)**.

QUESTION 3

a). A teenager is experiencing inner conflict because their personal values (Need for Autonomy) clash with their parents' strict expectations (Need for Deference).

Using Murray's theory of needs and environmental press, explain two ways how these factors influence personality development **(4Marks)**.

b). A manager notices that one of his employees is highly conscientious (organized, disciplined) but struggles with teamwork.

Illustrate **three** ways on how the manager can apply trait theory to improve workplace collaboration **(6Marks)**.

QUESTION 4

a). A client frequently talks about a past event in their life and seems to focus on the hurt without moving forward.

Evaluate **two** ways on how you can use the concept of "unfinished business" to help the client process their emotions and move forward in therapy **(4Marks)**.

b). Viktor Frankl emphasized that meaning can be found even in suffering.

Discuss **three** points on how this idea align with Christian teachings on suffering **(6Marks)**.

QUESTION 5

a). A primary school teacher notices that some students struggle to learn when information is presented in small, separate parts but understand better when lessons are taught using stories or real-life examples.

Using Kurt Koffka's ideas on learning, explain **two** reasons why students grasp concepts more effectively when they see the whole picture rather than isolated facts **(4Marks)**.

b). A church leader notices that some young people in the congregation have a strong need for power (Need for Dominance) but struggle with humility and servant leadership.

Illuminate **three** ways how the biblical teachings on servanthood (Mark 10:45 "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.") can be used to guide them toward healthy leadership development **(6Marks)**.

