



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

SEPTEMBER–DECEMBER 2024 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU1113

COURSE TITLE: LIFE SKILLS AND PERSONAL DEVELOPMENT

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). Discuss two points on the importance of learning Life Skills in Counseling **(4Marks)**.

- b). Demonstrate two roles of a Counselor in Personal Development **(4Marks)**.

- c). Explain two points on how developing strong intrapersonal skills impact an individual's interpersonal relationships **(4Marks)**.

- d). Discuss two ways on how personal belief system influence an individuals' pursuit of self-actualization **(4Marks)**.

- e). Analyze two ways how self-awareness, a key component of emotional intelligence, can help you recognize and overcome personal weaknesses, following the biblical encouragement to seek growth **(4Marks)**.

PART B. ANSWER ANY TWO QUESTIONS (20Marks)

QUESTION 2

Imagine you are mentoring a younger student on the importance of life skills.

- a) Describe two life skills you would focus on to help the student practice each skill **(4Marks)**.

- b) Analyse three strategies one can use to manage risks when making decisions about their future **(6Marks)**.

QUESTION 3

Imagine you are part of a team project.

a). Explain two ways on how effective communication contribute to resolving conflicts within a team setting **(4Marks)**.

b). Discuss three ways on how emotional intelligence can enhance an individual's relationships with friends and family **(6Marks)**.

QUESTION 4

In many African communities, people face the challenge of balancing traditional cultural values with modern life demands.

a). Demonstrate two ways on how one can rely on their Christian faith to maintain respect for both traditions and contemporary responsibilities **(4Marks)**.

b). From a Christian perspective, discuss three ways on how prayer serve as a tool for stress management **(6Marks)**.

QUESTION 5

You are tasked with completing a challenging academic project, but you feel demotivated due to setbacks.

a). Discuss two strategies you could use to enhance your self-motivation and persist through the difficulties **(4Marks)**.

b). Imagine a scenario where a student is facing exam-related stress.

Demonstrate three steps you would advise them to take to manage their stress effectively **(6Marks)**.

