PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF

BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

MAY-AUGUST 2026

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU1323 (ONLINE)

COURSE TITLE: HUMAN GROWTH AND DEVELOPMENT

DURATION: 3 HOURS

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- This exam consists two sections
- Answer **question ONE** and **Any other two (2)** questions

QUESTION ONE: COMPULSORY (20 Marks)

a) Define the following terms as used in human growth and development
   i) Life span (1 mark)
   ii) Germinal (1 marks)
   iii) Illuminate two factors that influences on human growth and development (2 marks)

b) Expound how the following factors hinders growth and development; (4 marks)

i. Cultural and Gender Norms ii. Maternal Health Conditions

c) Identify any three teratogens in the prenatal period of human growth and development that may contribute to physiological disorders. (6 marks)

d) Using scriptural support, discuss **one** Christian perspective of human growth and development. (2 marks)

e) Evaluate any two problems associated with children who failed to form attachment due to abusive primary caregivers (4 marks)

ANSWER ANY TWO QUESTION: (20 Marks)

QUESTION TWO

i). Discuss Piaget's sensory motor stage of cognitive development. (4marks)

ii). Briefly explain social learning theory on human development (6 mks)

QUESTION THREE

Hall defines adolescence as a period in human development beginning at puberty and ending in adulthood.

i) Discuss TWO aspects of cognitive development in adolescents. (4 mks).

ii) Explain THREE characteristics of adolescence emotions. (6 mks)

QUESTION FOUR

a) Describe any Two emotions of a child who has developed a good internal working model. (2 marks)

b) Examine any Two behaviors manifested by teenagers who are insecurely attached. (4 marks)

c) Read the case study and answer the questions that follow;

Tina is an 8-year-old pupil in Grade 1. Her teacher has noticed that she avoids reading aloud in class and often says, she is not smart like the other pupils. She also hesitates to try new tasks and becomes easily frustrated. The parents report that she spends most of her time alone and avoids homework.

i) Clarify two current developmental challenges Tina is experiencing and suggest an intervention for each challenge. (4mks)

QUESTION FIVE

a) Read the following case and answer the questions that follow;

Matthew is a 36year old man who has concerns with his seven year old son health. The son has been diagnosed with a challenge which the doctor had earlier mentioned as perhaps resulting from the parents' genes or human fault during pregnancy or negligence during birth. Matthew has been referred by the son's class teacher to consult with the counselor. He has visited your counselling center to seek clarity on his child's problem. During the follow-up sessions, the counselor discovered that lately the son's grades were declining

a)

i) Explain to Matthew Two biological factors that influence growth and development. (2mks)
ii) Outline any Two probable environmental factors that could have affected the son's development at post-natal stage. (2mks)
iii) Expound Any approach you would use to help Matthew on how to support the sons Learning challenges. (2mks)

b) Evaluate any Two behaviors that may manifest in adulthood as a result of individual's fixation at the early psychosexual stages of development. (4mks)