PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

MAY-AUGUST 2026 SEMESTER

CAMPUS: ROYSAMBU
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COD102

COURSE TITLE: PERSONAL DEVELOPMENT

EXAM DATE: FRIDAY 31ST JULY 2026

TIME: 6:00PM-9:00PM

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 THREE questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE- Compulsory

Section A: Answer All the Questions (20 marks)

1a) **Define** the following terms

i. Life Skills. (2 marks)
ii. Personal Development. (2 marks)
iii. Healthy Coping Behavior. (2marks)
iv. Self-concept. (2marks)

b) Outline **THE THREE** main categories of life Skills. (3marks)

d) identify **ANY THREE** characteristics of an effective counselor. (3marks)

e) Highlight **ANY THREE** ways how life skills contribute to the effectiveness of a counselor's professional practice. (6marks)

SECTION B: Answer Any Two Questions (20 Marks)

QUESTION TWO

a) Analyze **ANY TWO** reasons why continuous learning is a core essential for personal development. (4marks)

b) Discuss how **THE THREE** key aspects of Self-Determination Theory influence a counselor's personal development. (6marks)

QUESTION THREE

a) Explain how having a cohesive self can help a counselor maintain stability in professional practice. (4marks)

b) Discuss **ANY THREE** phases of personal development. (6marks)

QUESTION FOUR

a) Describe **ANY TWO** key concepts introduced by Heinz Kohut in Self Psychology. (4marks)

b) Discuss **ANY THREE** ways how self-reflection supports personal development and ethical decision-making in counseling practice. (6marks)

QUESTION FIVE

a) Analyze why self-mastery is a core skill for counselors to develop in their clinical practice (2marks)

b) Explore how the **Open Area** of the Johari Window can enhance a counselor's effectiveness and personal growth**.** (4marks)

c) Discuss **ANY TWO** ways how self-disclosure and receiving feedback can contribute to a counselor's growth and awareness. (4marks)