SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DIPLOMA OF ARTS IN COUNSELLING PSYCHOLOGY

MAY – AUGUST 2026

CAMPUS: ROYSAMBU

COURSE CODE: COD104

COURSE TITLE: INTRA AND INTERPERSONAL RELATIONSHIPS

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer ALL questions in Section ONE and any other two questions in Section TWO
- *ALL PAC University's examination rules and regulations apply.*

SECTION A: Answer All the Questions in This Section 20 Marks (Compulsory).

1.a) **Define** the following terms. (8mks)

i. Intrapersonal Relationship.
ii. Halo effect
iii. Fundamental attribution error
iv. Cognitive bias

b) Distinguish between internal attribution and external attribution. (4 marks)

c) Outline **ANY TWO** characteristics of interpersonal relationships. (4 marks)

d) Explain the below core aspect of intrapersonal development. (4marks)

i) Internal locus of control
ii) Cognitive Resilience

SECTION B: <u>Answer Any Two Questions (20marks</u>)

QUESTION TWO

a. Analyze why intrapersonal skills are important for counselor development. (2marks)

b) Discuss the following core components of intrapersonal dimensions. (8 marks)

i. Self-awareness
ii. Internal dialogue
iii. Emotional Regulation
iv. Identity Formation

QUESTION THREE

a) Discuss **THE TWO** factors that influence intrapersonal skills development. (4marks)

b) Describe **ANY THREE** types of relationships in interpersonal relationships. (6marks)

QUESTION FOUR

a) Distinguish between healthy coping behavior and unhealthy coping behavior (4mks).

b. Explain **ANY THREE** reasons why self-awareness is required in a counselling setting (6mks)

QUESTION FIVE

a) Describe **ANY FOUR** stress management counselling skills and techniques. (4mks)

b) Discuss **ANY THREE** areas that intrapersonal intelligence is essential for in psychological development of a counselor. (6mark)