PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS IN COMMUNITY DEVELOPMENT

JANAURY-APRIL 2026 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: COMMUNITY DEVELOPMENT

COURSE CODE: CDC 118

COURSE TITLE: YOUTH AND DEVELOPMENT

EXAM DATE:

DURATION: 2 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer Question 1 and any other two questions**
- Question 1 is Compulsory carries 30 marks
- Question 2-4 carry 15 marks each
- *ALL PAC University's examination rules and regulations apply*

SECTION A (COMPULSORY)

Question one

a) Explain five reasons why it is important as a youth worker to understand the different stages of human growth and development. (5 marks)

b) Highlight any five biblical perspectives on the youth. (5 marks)

c) Describe the 5 C's approach that is vital for every youth as they transition to adulthood. (5 marks)

d) Outline any five government interventions that have been established to address various youth challenges in your country. (5 marks)

e) Explain five challenges affecting the youth. (10 marks)

SECTION B (Answer any two questions each has 15marks)

Question two

a) Using relevant examples discuss five responsibilities of the youths in development of the country as described in the national youth policy. (10 marks)

b) Outline any five youth rights that exist in Kenya. (5 marks)

Question three

You have been invited as a guest speaker for the annual conference for organizations working with youth.

a) Explore the various services, opportunities and support (SOS) mechanisms the NGOs should use for comprehensive youth development. (9 marks)

b) Citing appropriate examples, explain any three differences between traditional youth service and positive youth development. (6 marks)

Question four

a) Discuss five benefits of youth participation in community development. (10 marks)

b) Outline five qualities of a youth worker. (5 marks)

SECTION A (COMPULSORY)

Question one

a) Explain five reasons why it is important as a youth worker to understand the different stages of human growth and development. (5 marks)

- ❖ It helps in recognizing and understanding the youth and identifying potential physical or cognitive problems early, allowing for timely intervention.
- ❖ Knowledge of developmental stages helps the youth worker to customize their approaches to support the youth cognitive and emotional needs effectively.
- ❖ Enhancing interpersonal relations with the youth as it provides insight into human behavior, fostering empathy and better communication with the youth
- ❖ Informing Policy and Practice: Insights guide the development of health, social, and educational policies that target the youth.
- ❖ Understanding the Lifespan it provides a comprehensive view of life changes from infancy to old age, helping the youth worker understand and guide the youth
- ❖ It fosters an understanding of how different environments, cultures, and family structures impact development.

(5 reasons well explained each 1 marks=5marks)

b) Highlight any five biblical perspectives on the youth. (5 marks)

- ❖ An Example in Conduct and Character (1 Timothy 4:12): Youth are not to be disregarded due to age, but rather called to set an example for believers in speech, conduct, love, faith, and purity, actively shaping their character to reflect Christ.
- ❖ The Bible views youth as a season of strength where young people are uniquely positioned to defend God's name and serve Him with energy, as demonstrated by figures like David and Timothy.
- ❖ Youth is a critical period for moral discipline, where young people are encouraged to purify their lives by obeying Scripture and remembering their Creator before the challenges of life increase.
- ❖ A Time for Growth and Development Youth are seen as growing Christians who must learn to move from infancy to spiritual maturity, transitioning from learning to worship
- ❖ A Target for Godly Influence (Proverbs 1:4, 911 Life): Youth is a time for gaining wisdom, knowledge, and discretion, moving from dependency on parents to taking personal responsibility for their spiritual lives, beliefs, and future choices

(5 perspectives well explained each 1 marks=5marks)

c) Describe the 5 C's approach that is vital for every youth as they transition to adulthood (5 marks)

- ❖ Competence the ability and motivation to do things excellently positive view of one's actions in specific/all areas

- ❖ Confidence having a sense of self efficacy being able to contribute and to perceive one's progress in life and having expectations of continued progress into the future
- ❖ Character having an awareness on one's own personality or individuality having a sense of responsibility and autonomy having a sense of spirituality and self awareness
- ❖ Connection positive bonds with people and institutions—peers, family, school, and community—in which both parties contribute to the relationship.
- ❖ Caring or compassion having a sense of sympathy and empathy for others. desire for social justice

(Each C well described each 1 mark= 5marks)

d) Outline any five government interventions that have been established to address various youth challenges in your country. (5 marks)

- ❖ The National Youth Opportunities Towards Advancement (NYOTA)
- ❖ The Kenya Youth Employment and opportunities project (KYEOP)
- ❖ the Youth Enterprise Development Fund (YEDF), established in 2006
- ❖ The Uwezo Fund in 2013
- ❖ The public services internship project

e) Explain any five challenges affecting the youth. (10 marks)

- ❖ Economic and employment issues: high rates of unemployment and underemployment, leading to idleness, disillusionment, and reliance on unstable, low-paying jobs.
- ❖ Mental health and emotional well-being: rising levels of stress, anxiety, and depression due to intense pressure to succeed academically and professionally.
- ❖ Educational and skill gaps: failure to succeed in education, lack of relevant skills for the modern workforce, and, in some areas, lack of resources for education.
- ❖ Social and digital pressures: bullying, body image issues, and the negative impacts of social media, such as low self-esteem and reduced face-to-face interaction.
- ❖ Substance abuse and crime: vulnerability to drug and alcohol abuse, and sometimes, involvement in criminal activities, often driven by a lack of direction or opportunity.
- ❖ Family and social environment: high family expectations, conflict, and pressure to conform to traditional roles.
- ❖ Global issues: growing anxiety over climate change and, for some, the risks associated with living in conflict-prone or unstable environments.

(Any 5 challenges well explained each 2marks= 10 marks)

SECTION B (Answer any two questions each has 15marks)

Question two

a) Using relevant examples discuss five obligations and responsibilities of the youths in development of the country as described in the national youth policy. (10 marks)

- To be patriotic and loyal to Kenya and promote the country's well-being
- Contribute to social-economic development at all levels, including through volunteerism.
- Create and promote respect for humanity, sustain peaceful co-existence, national unity and stability
- Protect the environment
- Help to support and protect those who are disadvantaged and vulnerable
- Promote democracy and the rule of law
- Create gainful employment
- Take advantage of available education and training opportunities
- Develop a positive attitude towards work
- Avoid careless and irresponsible sex.
- Take responsible charge of their lives

(Any five obligations well discussed each 2 marks= 10 marks)

b) Outline any five youth rights that exist in Kenya. (5 marks)

- Life
- Meaningful education
- Good health
- Marriage at the legal age of consent
- Protection from sexual exploitation and abuse
- Seek meaningful employment
- Adequate shelter, food and clothing
- Freedom of speech, expression and association
- Participate in making decisions that affect their lives
- Protection from social, economic and political manipulation
- Ownership and protection of property

(Any five rights outlined each 1 marks= 5 marks)

Question three

You have been invited as a guest speaker for the annual conference for organizations working with youth. Explore the various services, opportunities and support (SOS) mechanisms the NGOs should use for comprehensive youth development. (9 marks)

- **Services** this are the critical interventions needed to enhance the essential well-being of the young person—the traditional services that are generally provided by public welfare, health, school, and recreational programs. They alleviate the immediate needs and barriers that can prevent youth from moving forward. Examples include providing food and shelter for homeless youth, helping a family out of crisis, or meeting mental health needs.

- **Opportunities** are the vehicles that offer youth meaningful and real ways to influence the world around them, nurture their interests and talents, practice and enhance their skills and competencies, and increase their connectedness to community. These may stem naturally from the young person's family or community environment, or may be formalized as part of a program or service.
- **Supports** are the ongoing positive relationships that young people have with adults, peers, and organizations that provide the safety, structure, motivation, nurturing, and guidance to allow youth to explore, test, learn, grow, and contribute. This support allows youth to fully take advantage of their opportunities—doing one without the other is ineffective

(Each SOS well explained and with relevant example each 3marks= 9 marks)

b)Citing appropriate examples, differentiate between traditional youth service and positive youth development.(6 marks)

- Traditional youth service aim at fixing problems while positive youth development is strength based
- Traditional youth service is reactive while positive youth development is proactive
- Traditional youth service focusses on troubled youth while positive youth development focusses on all youth
- Traditional youth service youths are considered as recipients while positive youth development are considered as active participants
- Traditional youth service is considered as work while positive youth development seeks to build relationship

(Any three differences well explained and with relevant example each 2marks= 6marks)

Question four

a)Discuss five benefits of youth participation in community development (10 marks)

- Youth gain confidence, self-esteem, and practical skills like teamwork, decision-making, and time management.
- It promotes empathy and a sense of responsibility for them as they work in the community
- Community improvement as youth bring energy, creativity, and new ideas, leading to more innovative solutions for local issues. They help make neighborhoods more vibrant and safer.
- Fosters a sense of belonging and encourages long-term civic duty.
- Youth ownership of community projects as t ensures that community plans are relevant, effective, and accepted by all age groups.
- Youth empowerment leads to meaningful involvement allows young people to be heard, shaping policies that directly affect their lives.
- Participation offers opportunities to build professional networks, gain experience, and build a resume

(Any five benefits well discussed each 2 marks= 10 marks)

b) Describe five qualities of a youth worker. (5 marks)

- ❖ Empathy and Compassionate by understanding and validating the experiences of young people without judgment.
- ❖ They are patience and resilient by remaining calm, committed, and consistent when facing challenging behavior or difficult situations.
- ❖ Good interpersonal skills and rapport building thus ability to connect with youth from diverse backgrounds, creating a safe and trusting environment.
- ❖ Good communication Skills: Strong verbal and listening skills for mentoring, along with written skills for reporting and planning.
- ❖ Reliability and integrity: acting as a trustworthy, consistent, and professional role model.
- ❖ Adaptability and flexibility: Staying current with youth culture, technology, and social issues, while adapting methods to individual needs.
- ❖ Should be creative, easy and fun to approach: Using engaging methods (e.g., sports, arts) to connect with and motivate young people.
- ❖ Good organizational skills: ability to plan, manage projects, and handle administrative tasks like budgeting and reporting.
- ❖ Should understand and maintain professional boundaries and confidentiality.
- ❖ Passionate commitment possess a genuine desire to empower young people and help them reach their full potential.

(Any five qualities outlined each 1 marks= 5marks)