



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

END OF SEMESTER EXAMINATION

FOR THE

MASTER OF ARTS IN COUNSELING PSYCHOLOGY

MAY – JULY SEMESTER

CAMPUS: ONLINE EXAMINATION

COURSE CODE: MCP 502

COURSE TITLE: THEORIES OF PERSONALITY

EXAM DATE: (Insert the date and day)

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is Compulsory.
- Answer **ANY TWO** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A: SECTION ONE: COMPULSORY (20 MARKS)

Q1. a) Giving relevant examples, give three reasons why a counsellor should be competent in theories of personality. (6 marks)

b) **“As a man thinketh so is he.”** Discuss this statement in the view of Cognitive Theory and give three (3) ways in which our thoughts influence our personality. (6 marks)

c) Case Study:

Mr. Elvis, a 38-year-old mid-level executive at a leading telecommunications company in Nairobi, sought counseling for persistent inadequacy and intense anxiety about his work performance and leadership role within his extended family.

He meticulously plans projects, works late, and struggles to delegate, fearing others won't meet his high standards, leading to overwhelm and resentment. He constantly compares himself to peers, feeling "behind" despite significant success.

Elvis describes a childhood marked by intense competition with an elder brother, who received more praise. He felt "invisible" unless he excelled or proved highly responsible. His father, a respected community elder, was demanding and rarely gave explicit approval, leading Elvis to feel immense pressure to "prove his worth." He has a recurring dream of tirelessly climbing a slippery, never-ending mountain.

Currently, Elvis is often irritable, withdrawn, and avoids leisure unless it's "purposeful." He struggles to celebrate achievements, quickly moving to the next challenge, and fears failure and judgment. Despite material comforts, he feels a deep void.

- i. Using Alfred Adler's Individual Psychology, analyze Mr. Elvis's personality development and current behavioral patterns. (4 marks)
- ii. Explain four ways you would apply Abraham Maslow's Hierarchy of Needs theory to help Mr. Elvis understand and address his current challenges. (4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (10 MARKS EACH)

Q2. a) Zawadi, a 26-year-old university graduate is struggling to secure stable employment despite holding excellent academic qualifications in actuarial science. Zawadi attributes her difficulty to a crippling lack of self-confidence during job interviews, often freezing or fumbling her answers, even when she knows the material well.

She recalls her childhood, where her elder sister, Aisha, was always the family's "star performer," excelling in everything from school debates to drama festivals. Their parents, while loving, would frequently hold Aisha up as an example, saying, "Be like Aisha, she always knows what to say." Zawadi remembers watching Aisha confidently participate in public speaking, secretly admiring her but never feeling she could emulate her. She tried once to join a debate club in high school but quit

after feeling overwhelmed watching Aisha's confident presentations. Now, when preparing for interviews, Zawadi often watches videos of successful professionals but finds herself focusing more on their perceived flawlessness than on learning techniques. She often thinks, "I'll never be able to speak like that, I'm just not naturally confident."

a) With reference to Bandura's Social Learning Theory , evaluate Zawadi's Personality . (6 marks)

b) Discuss two limitations of Social Learning Theory in explaining Zawadi's personality. (4 marks)

Q3. a) You are a counseling psychology intern working with Ms. Benji, a 32-year-old successful architect based in Nairobi. Ms. Benji sought counseling primarily due to persistent feelings of stress, burnout, and a growing sense of dissatisfaction despite achieving significant professional milestones in a highly competitive field. She reports that she works extremely long hours, often neglecting family gatherings, community events, and personal hobbies like hiking in Ngong Hills or exploring local art exhibitions. She is meticulous in her work, often re-checking blueprints multiple times, and gets noticeably agitated if colleagues at her firm do not meet her exacting standards, sometimes leading to tension in the office.

While professionally highly regarded and respected for her innovative designs, Ms. Benji admits to struggling with close relationships. She describes herself as "not really a people person" and finds large social gatherings, like chama meetings or weddings, quite draining. She prefers solitary activities like reading architectural journals or working on personal design projects at home. When she does interact, she can be quite direct and critical, sometimes unintentionally offending others, though she insists she's just "being honest and efficient."

Lately, she has been experiencing frequent headaches, difficulty sleeping even with the Nairobi cool air, and a general feeling of being overwhelmed. She acknowledges that she's always been a "worrier" and tends to dwell on potential negative outcomes, even when projects are going well. Despite her anxiety, she has a strong desire for personal growth and has expressed an interest in exploring new creative outlets beyond architecture, perhaps even delving into traditional Kenyan craftsmanship, but feels "stuck" in her current demanding routine.

During your initial sessions, Ms. Benji reveals that her parents, both respected professionals, were very supportive but also had high expectations for academic excellence and career success, often citing her as an example to younger cousins. She attributes much of her success to "always pushing myself to be the best, for my family and for my own satisfaction."

a) Using your understanding of the Five-Factor Model (OCEAN), analyze Ms. Benji's personality profile and discuss its implications for counseling. (6 marks)

b) Explain two ways in which Ms. Benji's self-concept has influenced her behavior according to Carl Rogers' personality theory. (4 Marks)

Q4. a) Discuss George Kelly's Personal Construct Theory and its application in understanding individual differences in your counselling practice. (6 marks)

b) Describe two ways in which personal constructs influence decision-making in life . (4 marks)

Q5. a) Using examples, critically analyze three (3) personality types according to Empedocles, Galen and Hippocrates used in classifying human beings. (6 marks)

b) Explain two ways in which you would apply this classification in your counselling practice. (4 marks)