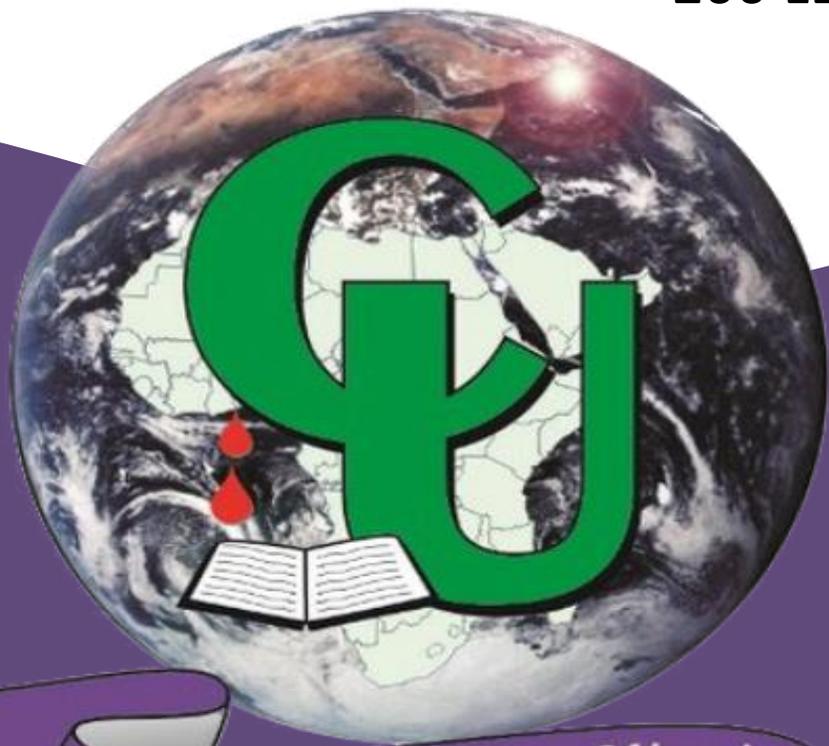


# COVENANT UNIVERSITY

ALPHA SEMESTER TUTORIAL KIT  
(VOL. 2)

PROGRAMME: PSYCHOLOGY

200 LEVEL



*Raising A New Generation Of Leaders*

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## **LIST OF COURSES**

PSY211: PHYSIOLOGICAL PSYCHOLOGY  
PSY212: HUMAN RESOURCE DEVELOPMENT STUDIES  
PSY213: DEVELOPMENTAL PSYCHOLOGY 1\*  
PSY214: COUNSELLING PSYCHOLOGY 2\*  
PSY216: STATISTICAL METHODS IN PSYCHOLOGY\*  
PSY217: REHABILITATION COUNSELLING\*  
PSY223: DEVELOPMENTAL PSYCHOLOGY 2  
PSY227: SPECIAL NEEDS AND COUNSELLING

**\* MARKING GUIDE NOT INCLUDED**



# COVENANT UNIVERSITY

CANAALAND, KM10, IDIROKO ROAD, P.M.B 1023, OTA, OGUN STATE,  
NIGERIA.

**TITLE OF EXAMINATION:** B.Sc EXAMINATION

**COLLEGE:** COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES

**SCHOOL:** SCHOOL OF HUMAN RESOURCE DEVELOPMENT

**DEPARTMENT:** PSYCHOLOGY

**SESSION:** 2014/2015

**SEMESTER:** ALPHA

**COURSE CODE:** PSY 211

**CREDIT UNIT:** 2

**COURSE TITLE:** PHYSIOLOGICAL PSYCHOLOGY

**TIME:** 2 HOURS

## SECTION A

**Instruction: Attempt ALL. Tick the appropriate box beside letters A-D to indicate your answer for each question. This section carries 30 Marks.**

1. One of these is not a forebrain structure
  - A. hypothalamus
  - B. basal ganglia
  - C. cerebellum
  - D. cerebral cortex
2. The neurotransmitter that excites the heart muscle, the intestines, and urogenital tract is
  - A. mescaline
  - B. serotonin
  - C. epinephrine
  - D. melanin
3. You just gave a speech and now, it is time for you to answer questions. The cortical lobe involved in hearing and formulating answers to the questions is
  - A. frontal lobe
  - B. temporal lobe
  - C. parietal lobe
  - D. occipital lobe
4. In the action potential, the neuron is in a state of
  - A. polarization
  - B. depolarization
  - C. repolarization
  - D. expolarization
5. The focus neurotransmitter is
  - A. serotonin
  - B. melanin
  - C. norepinephrine
  - D. dopamine

6. The tiny junction between two neurons, where the axon of one neuron meets the dendrites of another neuron is
- A. synaptic junction
  - B. synapse
  - C. synaptic cleft
  - D. synaptic vesicle
7. None of these is a hindbrain structure except
- A. tegmentum
  - B. pons
  - C. limbic system
  - D. hippocampus
8. All these are localized in the left hemisphere except
- A. spatial construction
  - B. analytic thinking
  - C. language
  - D. writing
9. The body's steady state of normal functioning is
- A. homostasis
  - B. homoestasis
  - C. homostatic
  - D. homeostasis
10. Your best friend's birthday is next week and you are planning a surprise birthday party for him/her. The cortical lobe involved is
- A. temporal lobe
  - B. parietal lobe
  - C. frontal lobe
  - D. occipital lobe
11. The neurotransmitter involved in the regulation of sleep, mood, and control of eating and arousal is
- A. endorphins
  - B. serotonin
  - C. dopamine
  - D. adrenaline
12. Fantasy is localized in the
- A. left hemisphere
  - B. frontal hemisphere
  - C. right hemisphere
  - D. none of the above
13. For an action potential to occur, stimulation must reach a
- A. peak
  - B. level
  - C. threshold
  - D. deadline
14. The specialized area in the temporal lobe is
- A. Wenickhes area
  - B. Wernicke's area
  - C. Wenicks area
  - D. Wernicks' area
15. The area mentioned above is specialized for
- A. logic
  - B. speech
  - C. thinking
  - D. language
16. The front part of the parietal lobe contains the
- A. cerebral cortex
  - B. visual cortex
  - C. somatosensory cortex
  - D. auditory cortex
17. All cells are enveloped by
- A. protein
  - B. membrane
  - C. ions
  - D. nucleus
18. You step out of your office to the parking lot. The cortical lobe involved in trying to remember where you parked your car is
- A. occipital lobe
  - B. frontal lobe
  - C. temporal lobe
  - D. parietal lobe
19. Proteins are the building blocks of amino acids
- A. true
  - B. false
  - C. maybe
  - D. none of the above
20. A specialized area in the frontal lobe is the
- A. Brocass area
  - B. Brocas' area
  - C. Brocas's area
  - D. Broca's area
21. The area mentioned above is specialized for

- A. language
- B. reasoning
- C. all of the above
- D. none of the above

- B. +70mv
- C. +40mv
- D. -70mv

22. The system that restores the neuron to its original resting potential is

- A. sodium-cation pump
- B. potassium-sodium pump
- C. anion-potassium pump
- D. sodium-potassium pump

23. The electrical and chemical transmission of information from one neuron to another is called

- A. electrical transmission
- B. neural impulse
- C. stimulus
- D. electrochemical transmission

24. The axon of a neuron is not impermeable

- A. True
- B. False
- C. none of the above
- D. I don't know

25. Logic is localized in the

- A. right hemisphere
- B. frontal hemisphere
- C. left hemisphere
- D. central hemisphere

26. Glial cells that remove neurotransmitters from the synaptic gap are called

- A. astrocytes
- B. gliastrocytes
- C. estrocytes
- D. neurocytes

27. You just flew in from Afghanistan and your brother is at the airport to take you home. As you stepped into the arrival hall, you glanced around, trying to identify his face. The cortical lobe involved is

- A. parietal lobe
- B. occipital lobe
- C. temporal lobe
- D. frontal lobe

28. The charge of a polarized neuron is approximately

- A. -40mv

The motor control area lies at the ..... of the ..... lobe

29.

- A. back
- B. side
- C. middle
- D. front

30.

- A. parietal
- B. frontal
- C. occipital
- D. temporal

**SECTION B**

**Instruction: Attempt ALL. Provide your answer in the available space for each question. Write legibly and avoid spelling mistake in order not to attract penalty. This section carries 25 Marks.**

1. The major inhibitory neurotransmitter in the brain is .....

2. The three ways through which the somatic nervous system deals with neural information are:

i.

ii.

iii

3. A neural impulse will either occur or not. What principle explains this?.....

4. Twenty-nine year old Bolu can play scales on the piano twice as fast as his eight-year old sister. In terms of

neurons, the reason for this is because Bolu's sister's ..... has not been fully insulated by

.....

5. Chemical messengers of the nervous system are called.....

6. When an action potential is first initiated.....ions move out of the axon, almost

immediately after ..... ions rush in.

7. They shield the body from pain and elevate feelings of pleasure. They are called .....

8. A sheep is standing quietly and grazing. Along comes a lion that begins an attack. What part of the sheep's autonomic nervous system becomes dominant?

i. After the attack

ii. Before the attack

9. The neurotransmitter found at every junction between motor neurons and muscle cells is .....

10. The bridge between the two cerebral hemispheres is .....

11. After suffering damage to a right cortical lobe, Eddy begins to exhibit a deficit, which sometimes makes him

shave only the left half of his face. What Eddy is suffering from is called.....,

and the cortical lobe that is damaged is .....

12. Particles which carry either positive or negative charge are .....

13. Mention two ways by which neurotransmitters can be inactivated.

i.

ii.

14. The body's electrochemical communication circuitry is the .....

15. Most DNA is located in the ....., where it is called .....

but a small amount can also be found in the ....., where it is called

.....

### **SECTION C**

**Instruction: Answer ONE question in this section. Provide your answers in the appropriate table below. Write legibly and avoid spelling mistake in order not to attract penalty. This section carries 15 Marks.**

1. Name 5 organs in the body and provide the sympathetic and parasympathetic actions of the autonomic nervous system on such organs.

Organ	Sympathetic	Parasympathetic


2. Mention 5 cranial nerves, their functions, and types.

Cranial nerve	Function	Type




## MARKING GUIDE

### SECTION A

1. C
2. C
3. B
4. B
5. D
6. B
7. B
8. A
9. D
10. C
11. B
12. C
13. C
14. B
15. D
16. C
17. B
18. D
19. B
20. D
21. D
22. D
23. B
24. A
25. C
26. A
27. B
28. D
29. A
30. B

### SECTION B

1. Gamma Amino Butyric Acid (GABA). 1mark
2. One of the 12 pairs of cranial nerves; The Spinal Cord; The Brain. 3marks

3. All-or-None Principle. 1 mark
4. Axon; Myelin Sheath. 2 marks
5. Neurotransmitters. 1 mark
6. Potassium; Sodium. 2 marks
7. Endorphins. 1 mark
8. Sympathetic; Parasympathetic. 2 marks
9. Acetylcholine (Ach). 1 mark
10. Corpus Callosum. 1 mark
11. Unilateral Visual Neglect; Parietal lobe. 2 marks
12. Ions. 1 mark
13. Diffusion; Enzymatic degradation; Glial cells; Reuptake (any two). 2 marks
14. Nervous System. 1 mark
15. Nucleus; NuclearDNA; Mitochondria; MitochondrialDNA. 4 marks

### **SECTION C**

1.

<b>Organ</b>	<b>Sympathetic action</b>	<b>Parasympathetic action</b>
Pupil	Dilates	Constricts
Salivary gland	Inhibits	Stimulates
Blood vessels of the head	Dilates	Constricts
Heart	Accelerates	Slows
Lung	Relaxes (breathes rapidly)	Constricts (breathes normally)
Hair	Erects	Relaxes
Sweat gland	Increases	Decrease
Digestive tract	Inhibits digestion	Stimulates digestion
Gall bladder	Stimulates release of glucose	Stimulates bile production
Bladder	Relaxes	Contracts
Sex organ	Inhibits	Stimulates
Adrenal glands	Stimulates secretion	Decreases Secretion

(1 mark each for any 5 organs, sympathetic action, and parasympathetic action mentioned=15marks)

2.

<b>Cranial nerve</b>	<b>Function</b>	<b>Type</b>
Olfactory	Smell	Afferent
Optic	Vision	Afferent
Oculomotor	Eye movement (all eye muscles except 2); Pupil constriction	Afferent and Efferent
Trochlear	Eye movement (one eye muscle)	Afferent and Efferent
Trigeminal	Somatosensory information from face and head; Controls muscles for chewing	Afferent and Efferent
Abducens	Eye movement (one eye muscle)	Afferent and Efferent
Facial	Taste (anterior 2/3 of tongue); Somatosensory information from ears; Controls muscles used in facial expression	Afferent and Efferent
Vestibulocochlear (Statoacoustic)	Hearing; Balance	Afferent
Glossopharyngeal	Taste (posterior 1/3 of tongue); Somatosensory information from tongue, tonsil, pharynx; Controls muscles used in swallowing	Afferent and Efferent
Vagus	Sensory, motor, and autonomic functions of viscera (glands, digestion, heart rate)	Afferent and Efferent
Spinal accessory	Controls muscles used in head movement	Efferent
Hypoglossal	Controls muscles of the tongue	Afferent and Efferent

(1mark each for any 5 cranial nerves, functions, and types mentioned=15marks)



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**COLLEGE:** COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES

**SCHOOL:** HUMAN RESOURCE DEVELOPMENT

**DEPARTMENT:** PSYCHOLOGY

**SESSION:** 2014/2015

**SEMESTER:** ALPHA

**COURSE CODE:** PSY 212

**CREDIT UNIT:** 2

**TIME:** 2 HOURS

**COURSE TITLE:** INTRODUCTION TO SOCIAL PSYCHOLOGY

**INSTRUCTION:** Answer all questions in section A and section B; and any other two questions in section C.

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**SECTION A**

- 1) The process through which people link behaviour to the intentions, dispositions and events that explain why people act the way they do is called \_\_\_\_\_ (a) Impression Formation (b) Attribution (c) Social Perception (d) Social Inference
- 2) The correspondent inference theory was propounded by \_\_\_\_\_ (a) Zajonc (1965) (b) Baron and Bryne (1991) (c) Hogg and Vaughan (1995) (d) Jones and Davis (1965)
- 3) Kimberly and Daodu met during the National Youth Service Corps and fell in love with each other. These two individuals are committed to each other; share secrets (intimacy), and are overly excited (passion) in each other's company. The love between Kimberly and Daodu is \_\_\_\_\_ (a) Fatuous (b) Companionate (c) Consummate (d) Romantic
- 4) \_\_\_\_\_ is the courage to be oneself and show the world one's likes, dislikes, strengths and shortcomings (a) Assertiveness (b) Self-esteem (c) Aggression (d) Self-concept

- 5) MaryAnn was accused by classmates of maltreating Debbie simply because of her membership of Ibibio ethnic group. MaryAnn's behaviour explains the concept of \_\_\_\_\_(a) Stereotype (b) Stigmatization(c) Prejudice (d) Discrimination
- 6) Andrew and Coretta are two well behaved and happy children who are members of a loving family; yet, they hold hostile attitudes toward the members of a minority group. They have never had direct contacts with members of this minority group but they have heard their parents and other adults use derogatory words every time they talk about the group. The development of Andrew and Corretta's attitude can be traced to \_\_\_\_\_ (a) Social Learning Perspective (b) Operant conditioning (c) classical conditioning (d) observational learning
- 7) The condition in which the presence of many people reduces the chances of a person getting help is called is a \_\_\_\_\_(a) Latene syndrome (b) Pluralistic ignorance (c) Diffusion of responsibility (d) Person apathy
- 8) Tessy was nominated based on her expertise and experience to give the vote of thanks on behalf of 200 level Psychology students during Management's visit to the Department. Tessy is likely to experience \_\_\_\_\_ a) Social facilitation (b) Social stimulation (c) Social loafing(d) Social inhibition
- 9) The extent to which people explain the outcomes of events to be a consequence of circumstances and situations is called\_\_\_\_\_(a) internal attribution (b) internal locus of control (c) external attribution (d) external locus of control
- 10) Larissa developed a positive attitude toward an elderly man who lives in a nearby apartment though she has never talked to the man and really knows nothing about him. Larissa's attitude developed through \_\_\_\_\_ (a) operant conditioning (b) observational learning (c) classical conditioning (d) mere exposure effect
- 11) The perspective explains social behaviour as a product of genetics and inheritance is called \_\_\_\_\_(a) Sociocultural Perspective (b) Social-Cognitive Perspective (c) Social Learning Perspective (d) Evolutionary Perspective
- 12) Bolarin is a member of an academic research cluster made up of 10 persons. He is of the opinion that other members of the group can successfully execute the assignment with or without his effort. Bolarin will most likely experience \_\_\_\_\_(a) Social loafing (b) Social inhibition (c) Sucker effect (d) Free rider effect

- 13) Mrs Morrison's colleagues once told her that she is fond of talking to herself around the office. She was very surprised and eager to hear more about herself. Mrs Morrison is obviously probing her \_\_\_\_\_ area of the Johari window. (a) Open (b) Blind (c) Unknown (d) Hidden
- 14) When persons deprive others of their entitlements because of their membership of a minority group, this behaviour is called \_\_\_\_\_ (a) Stigmatization (b) Stereotype (c) Prejudice (d) Discrimination
- 15) The tendency to think that one's flaws are obvious to others assumed to be evaluating one's actions is called \_\_\_\_\_ (a) Spotlight effect (b) free rider effect (c) self-reference effect (d) Ziganic effect
- 16) Belinda did nothing to improve her grades despite appeals from her parents; she believes that there has to be some other explanations to her poor academic performance and that nothing she does will have any impact on her grades. Belinda has \_\_\_\_\_ (a) internal attribution (b) external locus of control (c) external attribution (d) internal locus of control
- 17) Mathew is a high school student who comes from a poor but well-respected Christian family; however, he often hangout with his rich and notorious classmates who sometimes buy him lunch and pay for his course books. What function might Mathew's attitude serve? (a) Ego-defensive (b) Utilitarian (c) Value expressive (d) knowledge
- 18) The term cognitive consistency is rooted in \_\_\_\_\_ theory (a) Gestalt (b) Psychoanalytic (c) Humanistic (d) Behavioural
- 19) \_\_\_\_\_ is the phenomenon that describes how people deliberately exert less effort to achieve a goal when they work in a group than when they work alone (a) Social inhibition (b) social loafing (c) social facilitation (d) social perception
- 20) \_\_\_\_\_ refers to a range of behaviours that can result in both physical and psychological harm to oneself, other people or objects in the environment. (a) Aggression (b) Prejudice (c) Discrimination (d) Stigmatization

## SECTION B

1. List the 3 components of attitude

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

iii. \_\_\_\_\_

2. Mention the four functions of attitude

i. \_\_\_\_\_

ii. \_\_\_\_\_

iii. \_\_\_\_\_

iv. \_\_\_\_\_

3. Highlight the 3 major functions of a leader as posited by Mintzberg (1980)

i. \_\_\_\_\_

ii. \_\_\_\_\_

iii. \_\_\_\_\_

### SECTION C

1a) Define the term attitude **(2 marks)**

b) With relevant examples explain the origin of attitude from the following perspectives:

- i. Classical conditioning
- ii. Operant Conditioning
- iii. Mere exposure effect

**(18 marks)**

2a) Who is a leader? **(3 marks)**

b) Distinguish between Leadership and Management from the perspective of Kotter (1990)

**(5 marks)**

c) With the aid of a diagram, discuss the managerial grid proposed by Blake and Mouton (1964) and identify the five types of leadership styles. **(12 marks)**

3) On one fateful Ila Olosun market day, Moriyeba and her friends were happily chanting their favourite nursery rhymes as they journeyed to the market. The joyous mood was cut short when Moriyeba suddenly screamed and held her right foot in agony. Her friends, Ariyike and Bolatito realized she had been bitten by a snake. They started to call for help. Although the normally lonely bush path was quite busy as people hurried towards the market, no one stopped to assist the wailing children. After about 20 minutes, Baba Elero, Ariyike's next door neighbour came along and helped Moriyeba to the village native doctor who said Moriyeba would have died if they had delayed a little longer.

i. Explain the concept of Bystander Apathy **(5 marks)**

ii. Explain the helping behaviour of the people of Ila Olosun using the 5 steps involved in Latene and Darley's (1970) decision model. **(15 marks)**

4) Using any example of your choice, identify and explain the 5 stages involved in group development as proposed by Tuckman (1965). **(20 marks)**

## MARKING GUIDE

### SECTION A

- 1) (b) Attribution
- 2) (d) Jones and Davis (1965)
- 3) (c) Consummate
- 4) (a) Assertiveness
- 5) (d) Discrimination
- 6) (c) Classical conditioning
- 7) (c) Diffusion of responsibility
- 8) (a) Social facilitation
- 9) (c) external attribution
- 10) (d) mere exposure effect
- 11) (d) Evolutionary Perspective
- 12) (d) Free rider effect
- 13) (b) Blind
- 14) (d) Discrimination
- 15) (a) Spotlight effect
- 16) (b) external locus of control
- 17) (b) Utilitarian
- 18) (a) Gestalt
- 19) (b) social loafing
- 20) (a) Aggression

### SECTION B

1. List the 3 components of attitude
  - i. Cognitive
  - ii. Affective
  - iii. Behavioural
2. Mention the four functions of attitude
  - i. Ego-defensive

- ii. Utilitarian
- iii. Value expressive
- iv. Knowledge

3. Highlight the 3 major functions of a leader as posited by Mintzberg (1980)

- i. Interpersonal
- ii. Informational
- iii. Decisional

Question	Expected answers	Marks allotted
<p>1a) Define the term attitude <b>(2 marks)</b></p> <p>b) With relevant examples explain the origin of attitude from the following perspectives:</p> <ul style="list-style-type: none"> <li>i. Classical conditioning</li> <li>ii. Operant Conditioning</li> <li>iii. Mere exposure effect</li> </ul> <p><b>(18 marks)</b></p>	<p>1(a) Attitude is simply defined as a positive or negative evaluation of an object (Schuman, 1995). It is a learned predisposition to respond to an object or a class of objects in a consistently favourable or unfavourable way. Students are expected to explain the origin of attitude from:</p> <ul style="list-style-type: none"> <li>i. <b>Classical conditioning:</b> Learning to associate or pair two events, objects or persons and forming an attitude based on such associations</li> <li>ii. <b>Operant Conditioning:</b> Formation an attitude based on the consequences of actions or the outcome of one's encounter with the attitude object</li> <li>iii <b>Mere exposure effect:</b> Forming a favourable attitude about an object based on the frequency of exposure to such an object even without any direct contact.</li> </ul>	<p><b>20 (Twenty) marks in All</b></p>
<p>2a) Who is a leader? <b>(3 marks)</b></p> <p>b) Distinguish between Leadership and Management from the perspective of Kotter (1990) <b>(5 marks)</b></p> <p>c) With the aid of a diagram, discuss the managerial grid proposed by Blake and Mouton (1964) and identify the five types of leadership styles. <b>(12 marks)</b></p>	<ul style="list-style-type: none"> <li>a) A leader may be described as that person who exhibits behaviours that facilitate the achievement of organizational goals through the direct or indirect influence of members' behaviour and attitudes in the interest of group goals</li> <li>b) Kotter (1990) distinguished leadership from management by positing that leadership involved the creation of vision, strategies for its implementation, and coping with change; while management involves implementation of the vision and coping with complexities.</li> <li>c) The five styles of leadership explained in the managerial grid are: <ul style="list-style-type: none"> <li>i. Impoverished Management (1, 1): Managers with this approach are low on both the dimensions and exercise minimum effort to get the work done from subordinates</li> <li>ii. Task management (9, 1): This leadership style is also called dictatorial style in which leaders are more concerned about production and have less concern for people.</li> <li>iii. Middle-of-the-Road (5, 5): This is basically a compromising style wherein the leader tries to maintain a balance between goals of company and the needs of people.</li> <li>iv. Country Club (1, 9): This is a friendly leadership style characterized by low task and high people orientation. The leader gives thoughtful attention to the needs of people but expresses low concern for productivity.</li> <li>v. Team Management (9, 9): Characterized by high people and task focus, the style is based on the theory Y of McGregor and has been termed as most effective style according to Blake and</li> </ul> </li> </ul>	<p><b>20 (Twenty) marks in All</b></p>

	Mouton.	
<p>3) On one fateful Ila Olosun market day, Moriyeba and her friends were happily chanting their favourite nursery rhymes as they journeyed to the market. The joyous mood was cut short when Moriyeba suddenly screamed and held her right foot in agony. Her friends, Ariyike and Bolatito realized she had been bitten by a snake. They started to call for help. Although the normally lonely bush path was quite busy as people hurried towards the market, no one stopped to assist the wailing children. After about 20 minutes, Baba Elero, Ariyike's next door neighbour came along and helped Moriyeba to the village native doctor who said Moriyeba would have died if they had delayed a little longer.</p> <p>i) Explain the concept of Bystander Apathy <b>(5 marks)</b></p> <p>ii) Explain the helping behaviour of the people of Ila Olosun using the 5 steps involved in Latene and Darley's (1970) decision model. <b>(15 marks)</b></p>	<p>a) Bystander Apathy explains people's uncaring attitude towards others in need of their help when there are many potential helpers around</p> <p>b) According to Latene and Darley's (1970) decision model, before someone helps another, that person must:</p> <ul style="list-style-type: none"> <li>i) notice that something is wrong,</li> <li>ii) define it as a situation requiring help,</li> <li>iii) decide whether to take personal responsibility,</li> <li>iv) decide what kind of help to give,</li> <li>v) implement the decision to intervene.</li> </ul> <p>Students are expected to explain the behaviour of the villagers to the wailing children using these five steps.</p>	<b>20 (Twenty) marks in All</b>

<p>4) Using any example of your choice, identify and explain the 5 stages involved in group development as proposed by Tuckman (1965).  <b>(20 marks)</b></p>	<p>Students are expected to explain the five stages involved in group development as propounded by Tuckman (1965) using any group as an example. The stages are:</p> <ol style="list-style-type: none"> <li>i. <b>Forming:</b> Exchange of background personal information, uncertainty, tentative communication.</li> <li>ii. <b>Storming:</b> Dissatisfaction, disagreement, challenges to leader and procedures, cliques form.</li> <li>iii. <b>Norming:</b> Cohesiveness, agreement on procedures , standards, and roles, improved communication</li> <li>iv. <b>Performing:</b> Focus on the work of the group, task completion, decision making, cooperation</li> <li>v. <b>Adjourning:</b> Departures, withdrawal, decreased dependence, regret</li> </ol>	<p><b>20 (Twenty) marks in All</b></p>
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# COVENANT UNIVERSITY

CANAANLAND, KM 10, IDIROKO ROAD  
P.M.B 1023, OTA, OGUN STATE, NIGERIA.

**TITLE OF EXAMINATION: B.SC PSYCHOLOGY EXAMINATION**  
**COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES**

**SCHOOL: HUMAN RESOURCE DEVELOPMENT**

**DEPARTMENT: PSYCHOLOGY**

**SESSION: 2014/2015**

**SEMESTER: ALPHA**

**COURSE CODE: PSY 213**

**CREDIT UNIT: 2**

**COURSE TITLE: DEVELOPMENTAL PSYCHOLOGY I**

**INSTRUCTION: ANSWER ALL QUESTIONS IN SESSION A AND ANY OTHER TWO (2) QUESTIONS IN SESSION B.**

**TIME: 2 HOURS.**

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## **Session A**

1. In differentiating between the terms sex and gender, (a) sex refers to biological aspects of identity, and gender refers to psychological and social identity (b) gender refers to sociocultural identity, and sex refers to sociocultural identity (c) sex refers to sociocultural identity, and gender refers to biological identity (d) none of these represent the term correctly.
2. Primary sexual characteristics refer to (a) all those physical structures and psychological traits influenced by the sex hormones (b) development of breasts and body shape in the female, and changes in hair development and voice in the male (c) the sexual and reproductive organs themselves (d) Oestrogen in the female and testosterone in the male.
3. Which of the following occurs first developmentally? (a) gender identity (b) secondary sexual characteristics (c) primary sexual characteristics (d) reproductive maturity.
4. Which of the following statement is FALSE? (a) Genetic sex determines genital sex (b) Genetic sex is determined at conception (c) Gender identity is a product of both genetic sex and sex role identification (d) In the absence of testosterone, embryos develop female sex organs.
5. In what ways are friends different from romantic partners? (a) Relationships with romantic partners are more likely to involve acceptance and mutual assistance (b) Relationships with friends are more likely to involve fascination and exclusiveness (c) Relationships with romantic partners are more likely to involve trust and spontaneity (d) Relationships with romantic partners are more likely to involve fascination and exclusiveness.
6. If her parents encourage little Titito ask questions, to use her imagination, and give her the freedom to choose some activities, according to Erikson, they are encouraging (a) industry (b) identity (c) generativity (d) initiative

7. Secondary sexual characteristics include (a) the development of breasts and body shape in the female and changes in hair development and voice in the male (b) the sexual and reproductive organs in males and females (c) the development of appropriate sex roles (d) menarche and menopause in women.
8. Menarche is to menopause as (a) onset is to cessation of menstruation (b) androgen is to oestrogen hormones (c) testes are to ovaries (d) male is to female.
9. A parenting practice that is associated with an adolescent becoming delinquent is (a) disciplining adolescents for antisocial behaviour (b) Indulgence of an adolescent's wants (c) Low monitoring of adolescents (d) Restrictively controlling an adolescent's behavior.
10. Which of the following teenagers is most likely to turn violent? (a) Kemi, who feels powerless against her father's sexual molestation (b) Ben, who feels powerless against the bullying of his classmates (c) Kate, who is failing all of her classes (d) Korede, whose girlfriend just broke up with him.
11. All of the following characterize children of authoritarian parents, EXCEPT that they: (a) Fail to initiate activity (b) Have weak communication skills (c) are anxious about social comparison (d) Lack self-control.
12. Learning from one's environment how to act "masculine" or "feminine" is known as: (a) gender association (b) gender role socialization (c) gender training (d) gender role perception.
13. Sexual orientation refers to: (a) one's degree of emotional and erotic attraction to members of the same gender, opposite gender, or both genders (b) the belief that heterosexuality is more natural than homosexuality (c) a person erotically attracted to both men and women (d) a person romantically attracted to same sex persons.
14. Which of the following factors influences sexual orientation? (a) hereditary (b) social (c) psychological (d) all of these.
15. Mr. Williams was talking to Ms. Jones on the phone and they got disconnected. When he called Ms. Jones back, he explained that his daughter had cut the phone. Ms. Jones asked, "Didn't you see her with the scissors?" to which Mr. Williams replied, "Oh, we don't like to put limits on our children – they need to experience life to the fullest." It sounds like Mr. Williams is \_\_\_\_\_ parent. (a) An authoritarian (b) An authoritative (c) A neglectful (d) An indulgent.
16. Maltreated children are likely to develop which attachment pattern? (a) Disorganize (b) Avoidant (c) Anxious (d) Rebellious.
17. Research on the relationship between the role of parenting and children's development has demonstrated that: (a) Parenting is primarily responsible for children's development (b) Hereditary is primarily responsible for children's development (c) Parenting and peer relation are jointly responsible for children's development (d) Parenting, Hereditary and peer relations are all responsible for children's development.
18. Parent-adolescent conflicts likely resolve around all of the following EXCEPT: (a) Keeping the room clean (b) Getting home on time (c) Taking drugs (d) Talking on phone.
19. Parents who want their adolescents to make a smooth transition into adulthood should: (a) Relinquish control in all areas and let the adolescent (b) Take over maintain control in as many areas as possible for as long as possible (c) Relinquish control in areas where the adolescent has shown competence and maintain control in those areas where the adolescent's knowledge is limited (d) Maintain control of issues dealing with family and relinquish control for those issues having to do with peer relations, relationship with her best friend.
20. Which statement best characterizes the new model of parent-adolescent relationship? (a) As adolescents mature, they detach from parents and move into a world of autonomy apart from parents (b) Parent-adolescent conflict is intense and stressful throughout adolescence (c) Everyday negotiations and minor disputes between parents and adolescents are harmful to developmental functions (d) Parents serve as important attachment figure, resources, and support systems as adolescents explore their world.

21. It is more common for low-income families than middle or upper-income families to: (a) Use verbal praise (b) Use criticism (c) Warm and controlling (d) demanding of obedience.
22. Which of the following would be found in both parent-child relationships as well as children's peer relationships? (a) Touching (b) Equality (c) Rough-and-tumble play (d) Support in time of stress.
23. The most consistent finding in the last two decades of research on adolescent friendships is that..... is an important feature of friendship: (a) Intimacy (b) Similarity (c) Support (d) Proximity.
24. One of the main factors that distinguish cliques is:(a) socioeconomic status(b) parental supervision and monitoring(c) individual interest (d) group norms regarding school orientation.
25. Adolescents who join youth organization are more likely to experience all of the following, EXCEPT: (a) participate in community activities in adulthood (b) conform to peer pressure (c) have higher self-esteem (d) develop their interpersonal and organizational skills.
26. A ceremony that marks an individual's transition from one status to another (such as adolescence to adulthood) is called a: (a) transitory stage (b) rite of passage (c) period of transition (d) ritualistic transition.
27. Identification with peer groups: (a) decreases during adolescence (b) gives an adolescent a measure of security and a sense of identity (c) reduces self-esteem and self -worth (d) seems to always lead to incredibly destructive behaviours.
28. Puberty: (a) is the same as adolescence (b) occurs earlier for boys than for girls (c) is the period of growth and hormonal changes that lead to sexual maturity (d) involves a growth spurt of 1-2 years during which boys are taller than girls.
29. Teachers, peers and adults outside the home become important in shaping attitudes toward oneself in Erikson's stage of: (a) trust versus mistrust (b) initiative versus guilt (c) industry versus inferiority (d) integrity versus despair.
30. The following is one of the common features of adolescence except: (a) Appearance changes due to sporadic hormone events (b) Increment in thinking abstractly and hypothetically. (c) Their feelings remain consistent all through this period. (d) All of the above.
31. Which of the following is responsible for increase in sexual activities among adolescents? (a) Hormonal Changes (b) Lack of parental guidance(c) Age, temperament and the timing of puberty (d) All of the above
32. Which of the following is an evidence of growth spurt in adolescent? (a) A deeper voice (a) Muscular development (b) Development of the public hair (c) All of the above
33. Aggressive behaviour or depression is closely linked to which of these category of adolescents (a) Girls who starts their menstruation early (b) Girls who starts their menstruation late (c) Girls with positive feelings about the home environment (d) All of the above
34. Obesity among adolescent is traceable to which of these factors (a) Too little physical activity and poor eating habit (b) The influence of genetic factors and irregularities in application of constraints or use of will power (c) All of the above (d)None of the above
35. Which of the following eating disorders that is associated with self-starvation? (a)Bulimia nervosa (b) Anorexia nervosa (c)Binge eating(d)None of the above
36. Which of the following are examples of gateway drugs (a)Heroin, cocaine(b) Marijuana and tobacco (c) Alcohol and tobacco (d) All of the above
37. A major sign of puberty in woman is the onset of menstruation, called (a ) menopause (b) ovulation (c) menarche (d) oestrogen.
38. Which of the following adolescents are at risk of contracting STDs? (a) Adolescents that engage in unprotected sex(b) Adolescents that experiment with Alcohol and drug(c) Pregnant girls (d) All of the above
39. Which of the following is a common feature during adolescence?(a) The beginning and the end of adolescence is clearly distinctive (b) Puberty period in adolescent affect moods and behaviour (c) Substance dependence is more pronounced among adolescents(d) All of the above

40. According to Piaget, adolescents enters the highest level of cognitive development at (a) Preoperational stage (b) Operational stage (c) Formal operations stage (d) Concrete operations stage
41. The formal operation stage usually occurs at age (a) 9 (b) 12 (c) 14 (d) 10
42. The development of capacity for abstract thought is at what stage (a) Operational stage (b) Formal operation stage (c) Concrete operational stage(d) Preoperational stage
43. Hypothetical deductive reasoning is synonymous with which stage of development (a) Formal operation (b) Operational stage (c) Concrete operation stage (d) Preoperational stage
44. In adolescents cognitive maturity is as a result of (a) Neurological and environmental influences (b) Attainment of the operational stage(c) Increased brain activities dissociation from friends (d) All of the above
45. The ability to integrate what has been learnt in the past with the challenges of the present is associated with which of the following stages.(a)Operational stage (b) Concrete operation (c) Formal operations (d)None of the above
46. Which of the following is an example of inexperienced venture into abstract thoughts among adolescents? (a)Finding fault with authority figures (b)Assumption of invulnerability (c)Apparent hypocrisy (d) All of the above
47. When adolescents are urged to look at both sides of issues and are welcome to participate in family decisions is an example of (a) Authoritarian parenting (a) Permissive parenting (c) authoritative parenting (d) None of the above
48. Permissive parenting involves which of the following? (a) Admitting that adolescents sometimes know more than parents and being responsible (b) Not neglectful but convinced that adolescents should be responsible for their own lives (c) Forbid adolescents from arguing or questioning adults (d) Set rules and constraints that must not be disobeyed.
49. An adolescent who has not seriously considered an option of what to do and avoided commitment in any given area is regarded is \_\_\_\_\_ identity status (a) Identity achievement (b) Foreclosure (c) Identity diffusion (d) Moratorium
50. When identity crisis are resolved the virtue that arises is (a) Confidence (b) Commitment (c) Trustworthiness (d) All of the above
51. Which of the following is a common feature during adolescence? (a) Adolescents spend more time with peers(b) Relationship with siblings are more distant (c) Adolescents rejected by peers tend to have greatest adjustment problems (d) All of the above
52. Teenagers at greatest risk of sexual problems are (a) Those who began sexual activity early (a) Have multiple partners (c) those who are not assertive (d) All of the above
53. According to Erikson, a major conflict in the first year of life is that between (a) trust versus mistrust (b) initiative versus guilt (c) autonomy versus shame and doubt (d) relatedness versus isolation
54. A common mistake made by many concerned parents is likely to be (a) deliberately creating high levels of stress for their child (b)unintentionally creating high levels of stress for their child (c) attempting to protect their children from all stress (d)unintentionally rewarding their children for creating stress
55. Which represents the correct order of Piaget's stages of intellectual development? (a) sensorimotor, concrete operational, formal operational, post operational (b) preoperational, concrete operational, formal operational, sensorimotor (c) sensorimotor, preoperational, concrete operational, formal operational(d) preoperational, informal operational, formal operational, post operational
56. New born children (a) have limited sense abilities at birth and cannot feel pain at all (b) can follow a moving object with their eyes(c)cannot learn and must depend on the adaptive reflexes in order to survive(d)have extremely poor hearing
57. Substances capable of causing birth defects are known as (a) carcinogens (b)teratogens (c)chorionic villi (d) antigens
58. A child who thinks it gets dark so that everybody can sleep is demonstrating(a) object permanence(b) imprinting(c) deprivation dwarfism (d) egocentrism

59. Each cell possesses 46 ..... that are responsible for all the genetic information passed from parents to children. (a) genes (b) chromosomes (c) zygotes(d) gametes
60. "I demand that you obey" is to authoritarian as "Do your own thing as you like it" is to (a) authoritative (b) permissive (c) neglectful (d) overprotective

**(30 MARKS)**

**Session B: Answer any two (2) Questions**

- 1a. Virtually everything in life is governed by principles; discuss five (5) principles of human development.
- b. Conception and delivery are great mysteries. As a student of developmental psychology, explain the period of labour. (20MARKS)
2. In developmental psychology, longitudinal and Cross sectional approaches cannot be over emphasized. Clearly explain these two terms, and state their merits and demerits. (20MARKS)
3. In prenatal stage, identify and explain two (2) genetic and three (3) environmental hazards that can affect development. (20MARKS)



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CANAANLAND, KM 10, IDIROKO ROAD  
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**TITLE OF EXAMINATION: B.SC PSYCHOLOGY EXAMINATION**  
**COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES**

**SCHOOL: HUMAN RESOURCE DEVELOPMENT**

**DEPARTMENT: PSYCHOLOGY**

**SESSION: 2014/2015**

**SEMESTER: ALPHA**

**COURSE CODE: PSY 214**

**CREDIT UNIT: 2**

**COURSE TITLE: COUNSELLING PSYCHOLOGY II**

**INSTRUCTION: ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2) QUESTIONS.**

**TIME: 2 HOUR.**

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1. In counselling profession, every counsellor should be able develop an accountable programme, therefore, as a counsellor in training discuss the following geared towards accountable programme.

- i. Needs Assessment
- ii. Data analysis and interpretation
- iii. Identifying programme priorities and goals
- iv. Identifying processes for achievement of programme goals
- v. Communications in procedural planning (30marks)

2. In an educational setting (primary, secondary and tertiary), describe the needs, audience (client) and the role of counsellors. (20marks)

3a. Explain private practice.

b. Assuming you want to go in to private practice, prepare a brochure of your private counselling centre. (20marks)

4. Evaluation of a programme is essential in every setting, briefly explain:

(a) Evaluation (b) functions of evaluation, (b) principles f evaluation and (c) the methods of evaluation. (20 marks)

5a. Describe what social welfare is and the nature of work.

b. Enumerate ten (10) personal requirements of a social worker. (20marks)

**COVENANT UNIVERSITY**  
**COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES**  
**DEPARTMENT OF PSYCHOLOGY**  
**2014/2015 ALPHA SEMESTER EXAMINATION**

**COURSE CODE:** PSY 216

**COURSE TITLE:** STATISTICAL METHODS IN PSYCHOLOGY

**INSTRUCTION:** ANSWER QUESTION 1 AND ANY OTHER TWO (2) QUESTIONS

**TIME ALLOWED:** 2HOURS

**Question 1**

This is a short answer question. So give concise and cogent answers.

- (i)What is statistics? (ii) State two reasons why we study statistics.
- (iii) How is the concept of population in statistics different to that of geography?
- (iv) What is sample in statistics? (v) Draw a typical Ogive? (vi) What is a two tailed test?
- (vii) Explain what Alpha Error means (viii)Explain what Beta Error means
- (viii)What is ‘Power’ in statistics? (ix)What is Effect Size?
- (x)What is the role of probability in statistics?
- (xi) Explain what non-centrality Parameter means (xii) Illustrate the concept of Critical Value
- (xiv) Draw a positively skewed curve and explain what it means.
- (xvi)Draw and explain a standard normal curve

**Question 2**

A researcher assessed the effects of family types on parental relationship with the children. The investigator randomly sorts 24 children into three groups, A-families with all boys, B-families with all girls, and C- families with boys and girls, of 8 subjects each. Each subject is scheduled for an individual interview. Unfortunately, one of the subjects of group B and two of group C fail to show up for their interviews, so the investigator must make do with samples of unequal size. The relationship with their parents was assessed and scores presented in table 1. Use these scores to answer the questions below.

A	6.4	6.8	7.2	8.3	8.4	9.1	9.4	9.7
B	2.5	3.7	4.9	5.4	5.9	8.1	8.2	
C	1.3	4.1	4.9	5.2	5.5	8.2		

- A. Use Kruskal-Wallis test to test the hypothesis, “there is no significant effect of family types on parental relationship with the children’
- B. Complete the table below:

Variations	N	Df	H-Observed	H-Critical	Sig


### Question 3

Suppose we suspected an unusual distribution of blood groups in clients undergoing one type of therapy. We know that the expected distribution for the population served by the clinic which performs this therapy is 44% group O, 45% group A, 8% group B and 3% group AB.

Value	O	A	B	AB
Observed	67	83	29	8

- A. Compare the random sample of routine pre-therapy blood grouping results below with the expected distribution. Use Chi-square goodness of fit.  
 B. Complete the table below:

Variations	N	Df	X <sup>2</sup> -Observed	X <sup>2</sup> -Critical	Sig

### Question 4

Use chi-square to determine the difference in the performance of teaching and non-teaching staff.

Performance	Teaching staff	Non teaching staff
Good	5	4
Fair	6	2
Poor	4	4

### Question 5

- A. Two clients were picked at random to measure counselling effectiveness in group counselling the score of the of the first is 7.4 and the second 6.9 suppose the mean and standard deviation of the clients in the category one are 5.5and 0.5 respectively, while the mean and standard deviation of the second clients in the other category are 6.4 and 0.5 respectively. Which of the two clients is better relative to the category to which he/she belongs?
- B. Calculate the following using the distribution below:  
 4, 6, 2, 8, 10, 12, 4, 6, 12, 12, 8, 4, 10, 10, 11, 12, 7, 8, 10, 12
- (i.) 3<sup>rd</sup> Decile (ii) 75% (iii) 1<sup>st</sup> and 3<sup>rd</sup> Quantile



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**COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES**

**SCHOOL: HUMAN RESOURCE DEVELOPMENT**

**DEPARTMENT: PSYCHOLOGY**

**SESSION: 2014/2015**

**SEMESTER: ALPHA**

**COURSE CODE: PSY 217**

**CREDIT UNIT: 2**

**COURSE TITLE: REHABILITATION COUNSELLING**

**INSTRUCTION: ANSWER ALL QUESTIONS IN “SECTION A” AND ANY OTHER TWO (2) QUESTIONS IN “SECTION B”.**

**TIME: 2 HOURS.**

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## Section A

1. Which of the following is an important factor in substance abuse? (a) whether the substances are regularly used by other family members (b) whether the family environment is rural or urban (c) whether you are a twin (d) whether you are a middle born child (e) both (b) and (d) are correct
2. Which of the following are treatments offered by the residential rehabilitation Centres? (a) Group work (b) Psychological interventions (c) social skills training (d) all of the above (e) None of the above
3. The term psychological dependence is used when: ( a) It is clear that the lifestyle of the individual has changed to ensure the continued use of the substance (b) the person's activities are centered around getting and using the substance (c) continued use lead to the neglect of other important activities such as work, social interactions and participation in family activities. (d) All of the above (e) None of the above
4. Which of the following drug prevention intervention schemes would you recommend for use in a local community youth Center? (a) peer pressure training (b) peer-pressure resistant training (c) Peer promotion ( d) peer propaganda ( e) all of the above
5. A profession that assists persons with disability in adapting to the environment, assists environments in accommodating the needs of individual, and works toward full participation of persons with disabilities in all aspects of society, especially work is: (a)

- Group counselling (b) Couple and family counselling (c) Rehabilitation counselling (d) Addiction counselling (e) Cognitive counselling.
6. Rehabilitation counsellors work with people who have what type of disability? (a) Addiction (b) Physical, cognitive and developmental (c) Mental and emotional (d) All of the above (e) None of the above.
  7. Rehabilitation counsellors have a long standing tradition of (a) focussing only on client limitations and weaknesses to plan intervention (b) addressing only the vocational issues of persons with disabilities (c) Primarily providing life care planning and group counselling (d) addressing client concerns holistically while addressing vocational issues.
  8. What can a counsellor do to enhance the informed consent process? (a) Develop a timely and professional disclosure statement (b) Phone or email the client as a reminder of scheduled sessions (c) Provide the client with coffee or other suitable beverage before reviewing the forms (d) All of the above.
  9. \_\_\_\_\_ is focussed on interviewing, counselling, planning rehabilitation programmes, coordinating services, interacting with significant others, placing clients in jobs and following up with them, monitoring a client's progress and following up. (a) case management (b) individual written plan for rehabilitation (c) personal adjustment counselling (d) Vocational rehabilitation
  10. An alcoholic patient recovering in your treatment Center admits to sexually abusing and beating his child. The law requires that the abuse be reported to the appropriate law enforcement agency, even if known via a confidential relationship. It is your professional responsibility to: (a) ask your client to sign a contract stating that he will never again abuse the child and report the incident only if the contract is broken (b) work with your client to get his life straightened out and then decide whether or not to report. (c) report the child abuse to authorities according to the Law. (d) inform your supervisor and let the agency deal with the issue.
  11. After several months in marital and family therapy, the alcoholic spouse suffers a relapse. The MOST approach to the couple is to: (a) frame the relapse as a sign that the marital therapy was moving too quickly, and it would be good to get back to the basics of early recovery. (b) inquire what the non-addicted spouse might be doing to enable the return to drinking. (c) frame the relapse as a sign of resistance to the marital therapy and consider with the couple what aspects of treatment are not working. (d) consider the that the family therapy may be needed since the basis of the relapse may be rooted in dynamics that involve other members of the family.
  12. You are conducting a support group for adolescent "at risk" for alcohol and other drug abuse. Which of the following is the most accurate statement regarding confidentiality? (a) as group leader you are bound by the laws of confidentiality (b) the participants must have their right to confidentiality to protect the safety of all members. (c) all members are bound by confidentiality (d) the group leader can break confidentiality only if he/she

- knows a participant is breaking the law. (e) since this is a group of adolescents, confidentiality laws will not apply.
13. In the initial interview, questions about siblings, parents and how the client was raised constitute what broad interview category? (a) mental status (b) family history (c) history of alcohol and other drug abuse (d) Legal history (e) work/employment record.
  14. One of the primary reasons an alcohol and other drug abuse professional might refer a client to an outside resource is: (a) the family is constantly telling the therapist that the client is not responding. (b) the client attempts to transfer amorous feelings to the therapist to create uncomfortable feelings for him/her. (c) Alcohol and other drug abuse professionals should not work with clients presenting problems with which they have no prior experiences. (d) If there is a personality conflict, it is best to transfer the client to another agency.(e) the client cannot pay for services.
  15. In group therapy, Toles consistently perceives Woju as an angry critical man (like her father) who cares little for other group members' feelings although other group members perceives Woju as kind, caring, and gentle. This interpretation may be described as (a) confrontation (b) transference (c) blaming (d) Stigmatization
  16. The metabolism of alcohol takes place primarily in the (a) liver (b) kidneys (c) brain (d) pancreas
  17. Taking excessive drugs on a continual basis describes (a) drug misuse (b) drug tolerance (c) drug addiction (d) drug abuse
  18. A return to an addictive behaviour after a period of abstinence is called (a) relapse (b) addiction (c) withdrawal (d) compulsion
  19. Which of the following is not a characteristic of addiction? (a) habit (b) denial (c) tolerance (d) loss of control
  20. Addiction includes all of the following except (a) withdrawal (b) tolerance (c) symptoms (d) deterioration of work.
  21. Chemical dependence relapse refers to (a) a gap in one's drinking or drug-use pattern (b) a full return to addictive behaviour (c) a failure to change one's behaviour (d) a person experiencing a blackout memory loss.
  22. Which of the following is not an example of drug misuse? (a) taking medicine more often than is recommended (b) taking a friend's prescription medicine (c) excessive use of and dependency on a drug. (d) not following the instructions when taking a medicine.
  23. Which of the following is NOT a symptom of withdrawal? (a) A sore throat (b) Nausea (c) Chills (d) Sever anxiety
  24. All of the following are signs that someone is addicted to drugs EXCEPT: a) Regularly missing school or work (b) Lying about the amount of drug use (c) Becoming involved in a new activity (d) Thinking that drugs are needed in order to have fun

For questions 25 – 30 fill in the gaps using any of the following terms:

withdrawal	psychological	recovery	tolerance
alcoholism		blood	physical
intoxicated	peer pressure		violent

25. \_\_\_\_\_ is one of the main reasons teens give for using alcohol or drugs.
26. If you have a(n)\_\_\_\_\_ addiction, your mind tells your body that it needs more  
of the drug.
27. \_\_\_\_\_ occurs when the body becomes used to a drug and needs greater amounts to get the desired effect.
28. \_\_\_\_\_ is the process of becoming well again.
29. With a (n)\_\_\_\_\_ addiction to a drug, the body feels a direct need for the drug.
30. \_\_\_\_\_ is a series of painful physical and mental symptoms that occur when a person stops using an addictive substance.

### Section B: Answer ANY two (2) Questions

1. The role of a counsellor or a psychologist is to assist individuals in difficulties, to this end, as a trainee in the field explain the following terms:
  - i. Rehabilitation
  - ii. Rehabilitation process
  - iii. Characteristics of Rehabilitation
  - iv. Rehabilitation Counselling
  
2. According to ICIDH-2 disabilities are the dimensions of dysfunction that may result for an individual person at three levels.
  - a. List the three levels
  - b. Outline the three different kinds of interventions and give examples.
  - c. Give three major intervention strategies in rehabilitation
  
- 3a. Among those in need of rehabilitation are the drug and alcoholic addicts, discuss minimum of five (5) problems and effects of these Addictions.
- b. As a student of rehabilitation counselling, suggest likely psychological intervention needed to rehabilitate an addict.



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**SCHOOL: HUMAN RESOURCE DEVELOPMENT**

**DEPARTMENT: PSYCHOLOGY**

**SESSION: 2014/2015**

**SEMESTER: ALPHA**

**COURSE CODE: PSY 223**

**CREDIT UNIT: 2**

**COURSE TITLE: DEVELOPMENTAL PSYCHOLOGY II**

**INSTRUCTION: ANSWER ALL QUESTIONS IN SECTION A AND B, AND ANY OTHER TWO (2) QUESTIONS IN SECTION C.**

**TIME: 2 HOURS.**

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**ANSWER ALL THE QUESTIONS IN SECTIONS A and B - (30 marks)**

## **SECTION A (15 MARKS)**

1. Permissive parenting involve which of the following: a) Admitting that adolescents sometimes know more than parents and being responsible (b) Not neglectful but convinced that adolescents should be responsible for their own lives (c) Forbid adolescents from arguing or questioning adults  
(d) Set rules and constraints that must not be disobeyed
2. Which of the following is an example of inexperienced venture into abstract thoughts among adolescents (a) Finding fault with authority figures (b) Assumption of invulnerability (c) Apparent hypocrisy (d) All of the above
3. Primary sexual characteristics refer to (a) all those physical structures and psychological traits influenced by the sex hormones (b) development of breasts and body shape in the female, and changes in hair development and voice in the male (c) the sexual and reproductive organs themselves (d) oestrogen in the female and testosterone in the male.
4. Learning from one's environment how to act "masculine" or "feminine" is known as: (a) gender association (b) gender role socialization (c) gender training (d) gender role perception.
5. Generativity refers to: (a) concern for welfare of others and society as a whole (b) the desire to have children and thereby ensure survival of the species (c) the ability to establish adequate social and financial security (d) active acceptance of aging and the social changes it brings.

6. As Charles was studying life-span development, he had to learn several interrelated, coherent sets of ideas that would help him explain and make predictions about development. Charles had to learn (a) scientific methods (b) hypotheses (c) models (d) theories
7. A smile that does not occur in response to external stimuli and appears during the first month after birth is called: (a) social smile (b) natural smile (c) strange smile (d) reflexive smile
8. Paul depends almost completely on his parents. He is just learning to recognize things that he wants and how to get them. Paul is in the development period called: (a) late childhood (b) childhood (c) early childhood (d) infancy
9. The number of years since a person was born is a key element in the definition of: (a) chronological age (b) biological age (c) psychological age (d) developmental age
10. According to Erikson, failure to resolve the tasks of middle adulthood leads to a sense of ..... involving a concern for one's own needs and comforts only. (a) Apathy (b) self-absorption (c) despair (d) stagnation
11. According to Erikson, a major conflict in the first year of life is that between (a) trust versus mistrust (b) initiative versus guilt (c) autonomy versus shame and doubt (d) relatedness versus isolation
12. When George was 5 months old, he looked at a toy train, but when his view of the train was blocked, he did not search for it. Now that he is 9 months old he does look for it, reflecting the presence of: (a) assimilation object permanence (b) self-differentiation. (c) object permanence (d) None of the above
13. In new-born infants, "rooting" (a) refers to the same behavior as nursing (b) must be learned over the first few weeks of life (c) is a reflex that causes the head to turn in the direction of a touch on the cheek (d) is a voluntary behavior which the infant uses in order to locate the nipple while feeding
14. The unique way in which each person deals with the world and expresses emotions is known as \_\_\_\_\_ (a) development (b) personality (c) gymnastics (d) culture
15. Joke was an only female child born to her parents, Hannah and Duke. Hannah, Joke's mother fed her all the time to prevent her from crying and would go to any length to make her comfortable and was very strict with toilet training. When Joke started school Hannah is always very protective and would neither allow Joke to assist her even in little things at home nor would she allow the minders in crèche to correct Joke. Joke would grow up to become an adolescent very soon but she eats all the time and finds it difficult to share with others. The compulsive eating behaviour and stinginess of Joke may indicate (a) fixation at the oral and anal stages (b) fixation at the phallic and oral stages (c) Fixation at the latency and genital stages (d) fixation at the oral phallic and genital stages

## **SECTION B (15 MARKS)**

1. List any three (3) periods of development
2. There are biological reasons why people age. Mention two theories that could be used to explain aging.
- 3a. Memories change in late adulthood. Give three factors that could be used to explain this change.
- b. Cognition in Late adulthood is a multidimensional construct. Mention two aspects of the construct.
4. List the theories of psychosocial development in Late Adulthood.

## **SECTION C**

### **INSTRUCTION: ANSWER ANY TWO (2) QUESTIONS**

1. Adulthood has no sign post to announce its onset as adolescence is announced by puberty. Discuss: (i). adulthood, (ii). Physical development in early adulthood, (iii). Motivation for marriage, and (iv). Adjustment to parenthood. (20 marks)
2. The concept of maturity is essential in adulthood. Describe with examples the 7 dimensions of maturity in early adulthood as identified by Gordon Allport. (20 marks)
3. What are the major tasks in middle adulthood as proposed by Robert Havighust. (20 marks)



## MARKING GUIDE

### SECTION A (15 MARKS)

1. B - Not neglectful but convinced that adolescents should be responsible for their own lives
2. D - All of the above
3. C - the sexual and reproductive organs themselves
4. B - gender role socialization
5. A - concern for welfare of others and society as a whole
6. D – theories
7. D - infancy
8. D - infancy
9. A - chronological age
10. D – stagnation
11. A - trust versus mistrust
12. C - object permanence
13. C - is a reflex that causes the head to turn in the direction of a touch on the cheek
14. B - personality
15. A - fixation at the oral and anal stages

### SECTION B (15 MARKS)

1. List any 3 periods of human development in chronological order.  
ANSWER Any three of the periods below written in chronological order is correct.
  - **Prenatal Period: conception to birth-** from a single cell to an organism complete with brain, and behavioural capacities produced within an approximately 9 months period
  - **Infancy: birth to 18 or 24 months-** Characterized with extreme dependence upon adults. Psychological activities such as language, symbolic thoughts, sensorimotor coordination and social learning are just beginning
  - **Early childhood: end of infancy to about or 6 years-** This sometimes referred to as preschool years.

- **Middle and late Childhood: about 6-11 years** The child is further exposed to a larger world and culture, learns fundamental skills of reading, writing and mathematics. Self-control increases and achievement becomes a central role.
- **Adolescence: approximately from 10-12 years ending at 18-22 years-** This is a period of transition from childhood to early adulthood
- **Early adulthood: about 20s -30years-** establishment of personal and economic dependence, career development, selecting a mate, learning to live with someone in an intimate way, starting a family, and rearing children.
- **Middle adulthood: from about 35-45 to 60s** – It's a period of expanding personal and social development, increasing responsibility, assisting younger generation.
- **Late Adulthood: from 60s-70s to death.** According to Baltes and Smith, 2003, this can be divided into two:
  - **The young old: 61- 84 years:** In terms of their functioning they can develop strategies to cope with gains and losses of old age, have considerable potential for improved physical and cognitive fitness, retain much of their cognitive capacity

**The Oldest Old: 85 and older-** show loss in cognitive skills, experience an increase in chronic stress, individuals become more frail. **(3 answers = 3 MARKS)**

2. There are biological reasons why people age. Mention two theories that could be used to explain aging.

i) Cellular clock theory ii) Free radical theory iii) Mitochondria theory iv) Hormonal Stress theory **(2 answers = 2 MARKS)**

3a. Memories change in late adulthood. Give three factors that could be used to explain this change.

#### ANSWER

- i) Environmental Factors eg drugs, retirement adjustment issues, lower motivation in testing situations
- ii) Information Processing Deficits eg. Inability to inhibit irrelevant information and thought declines, Difficulty paying attention and organizing information, Processing speed declines, Less efficient memory retrieval
- iii) Biological Factors eg. Brain and body deterioration, Accelerated frontal lobe deterioration, Continuation of education in late adulthood can improve cognitive skills

**(3 answers = 3 MARKS)**

3b. Cognition in Late adulthood is a multidimensional construct. Give two aspects.

- i. Cognitive Mechanics
- ii. Cognitive Pragmatics **(2 MARKS)**

4) List the theories of psychosocial development in Late Adulthood.

ANSWER

Theories of Psychosocial Development

- Disengagement theory
- Activity theory
- Socioemotional selectivity theory
- Selective optimisation with Compensation theory
- Erickson’s theory

(5 answers = 5 MARKS)

SECTION C

S/N	QUESTION	EXPECTED RESPONSES
1	<p>Adulthood has no sign post to announce its onset as adolescence is announced by puberty. Discuss: (i). adulthood, (ii).physical development in early adulthood, (iii). motivation for marriage, and (iv). adjustment to parenthood.</p>	<p><b>i. Adulthood</b>            Developmental psychologists usually identify 3 stages of adulthood:            •Early (20-40) years            •Middle (40-65) years            •Late (65 and above)</p> <p><b>ii. Physical development in early adulthood</b>            Early adulthood majorly characterized by vim, vigor, freshness, and the general physical attractiveness of youth.            - The accordion-like vertebrae and spinal disks begins to settle, causing a slight decrease in height.            •Increase in weight begins due to the fatty tissue.            The body reaches its maximum physical potential between the ages of 19 and 26 at least as far as the muscles and internal organs are concerned. The weight of various organs changes with age.            •Though the peak of physical development is reached in early adulthood, gradual physical deterioration also begins in young adulthood.</p> <p><b>iii. Motivation for marriage/Why do people marry?</b>            •The motive for marriage are numerous and diverse. Some of these reasons are:            - Love            -Companionship            -Conformity            -Legitimization of Children            -Sense of Readiness            -Legal Benefits</p> <p><b>iv. Adjustment and Adaptation to Parenthood</b>            •The arrival of an infant changes parents’ lives considerably. Mothers and fathers must learn to adjust to loss of sleep, frequent physical fatigue as a result of increase in house chores, increase in financial obligations, change in pattern of intimacy and</p>

		<p>affection among others.</p> <ul style="list-style-type: none"> <li>•Parental roles need to be defined, assigned, perceived, performed and integrated with other role demands.</li> <li>•Due to increasing numbers of mothers in the labour force, finding quality child care is an important concern for many working parents.</li> </ul> <p><b>* Correct response in each segment attracts 5marks. Total = 20marks.</b></p>
2	<p>The concept of maturity is essential in adulthood. Describe with examples the 7 dimensions of maturity in early adulthood as identified by Gordon Allport.</p>	<p>Maturity implies the ability to cope more successfully with life’s problems, increasing the effectiveness of our planning strategies, deepening our appreciation of the surroundings, and expanding our resources for happiness.</p> <ul style="list-style-type: none"> <li>•There are many dimensions of maturity, moral maturity, emotional maturity, etc. According to Gordon Allport (1961), maturity is an ongoing process best characterized by a series of attainments on the part of the individual.</li> <li>- Self-extension (Ego involvement, active, mother quits work to raise family)</li> <li>- Relating warmly to others (Intimacy, compassion. Nurse works extra time)</li> <li>- Emotional security (Self-acceptance, lives in harmony with his emotions)</li> <li>- Realistic perception (Not driven by inner wishes to distort perception)</li> <li>- Possession of scales and competences (Job involvement, dedicated teacher)</li> <li>- Self-objectification (Insight into oneself, deriving humor from own error, admit wrongness in argument)</li> <li>- Unifying philosophy of life (guiding goals and values, religious faith, directedness, valuing knowledge for own sake)</li> </ul> <p><b>**Good introduction on middle adulthood - 2.5marks; 7 correct responses are expected and each earns 2.5marks – 17.5 Total = 20 marks.</b></p>
3	<p>What are the major tasks in middle adulthood as proposed by Robert Havighust.</p>	<p>Middle adulthood – 40- 65 years</p> <p>Major task in middle adulthood:</p> <ul style="list-style-type: none"> <li>- accepting and adjusting to physiological changes, such as menopause</li> <li>- reaching and maintaining satisfaction in one's occupation</li> <li>- adjusting to and possibly caring for aging parents</li> <li>- helping teenage children to become responsible adults</li> <li>- achieving adult social and civic responsibility</li> <li>- relating to one's spouse as a person</li> <li>- developing leisure-time activities</li> </ul> <p><b>*Good introduction on middle adulthood - 2.5marks; 7 correct responses are expected and each earns 2.5marks – 17.5 Total = 20 marks.</b></p>



# COVENANTUNIVERSITY

CANAANLAND, KM 10, IDIROKO ROAD

P.M.B 1023, OTA, OGUN STATE, NIGERIA.

**TITLE OF EXAMINATION: B.SC PSYCHOLOGY EXAMINATION**

**COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES**

**SCHOOL: HUMAN RESOURCE DEVELOPMENT**

**DEPARTMENT: PSYCHOLOGY**

**SESSION: 2014/2015**

**SEMESTER: OMEGA**

**COURSE CODE: PSY 227**

**CREDIT UNIT: 2**

**COURSE TITLE: SPECIAL NEEDS AND COUNSELLING**

**INSTRUCTION: ANSWER QUESTIONS ONE (1) AND ANY OTHER TWO (2) QUESTIONS**

**TIME: 2 HOURS.**

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1a. Describe the origin of special education in Nigeria.

b. List five (5) causes of Impairment

c. Explain the term language and speech disability; identify five (5) causes and five (5) possible ways to manage the disability (30 marks)

2a. Examine five (5) needs of an exceptional child

b. Explain five (5) possible factors that can influence the attitude of parents with special children (20 marks)

3a. Discuss the concept of giftedness and talentedness in Special Education.

b. Expatiate five (5) challenges associated with the psycho-educational assessment of the gifted child in Nigeria

c. As a student of special needs and counselling, give four (4) possible suggestions to combat the challenges associated with the psycho-educational assessment of the gifted child in Nigeria (20 marks)

4a. The role of a counsellor in special education cannot be overemphasized. What are the rationales for counsellors in special education?

b. Discuss the following terms: i. Conductive Deafness    ii. Dyslexia    iii. Myopia

iv. Apraxia of speech (20 marks)

- 5a. Discuss five (5) causes of handicapping conditions.
- b. Explore five (5) counselling skills required in special education.

(20marks)



	<p>possible ways to manage the disability.</p>	<p>and expressive language (when a person has trouble sharing thoughts, ideas, and feelings completely).  Speech is the sound that comes out of our mouths. Speech disability is characterized by difficulty in articulation of words; that is when a person is unable to produce speech sounds correctly or fluently or has problems with voice. <b>(5 marks)</b></p> <p>Causes of speech and language problems:</p> <ul style="list-style-type: none"> <li>- Hearing loss</li> <li>- Prematurity</li> <li>- Autism</li> <li>- Intellectual disabilities</li> <li>- Neurological problems like traumatic brain injury</li> <li>- Drug abuse</li> <li>- Vocal abuse or misuse</li> <li>- Structural problems or physical impairments like cleft palate <b>(5 marks)</b></li> </ul> <p>Possible ways to manage the disability:</p> <ul style="list-style-type: none"> <li>- Fluency problems may be remediated with coaching and practice under the guidance of trained professionals</li> <li>- Articulation problems could be remediated by simple practice in sound pronunciation</li> <li>- Therapy by speech language pathologists to assist with speech problems. Such as stuttering.</li> <li>- Encourage storytelling and sharing information</li> <li>- Respond to the baby's coos and babbling</li> <li>- Give adequate time for response</li> <li>- Describe for the child what he or she is doing, feeling and hearing in the course of the day. <b>(5 marks)</b></li> </ul>
2	<p>a. Examine five (5) needs of an exceptional child.</p> <p>b. Explain five (5) possible factors that can influence the</p>	<p><b>*Students are to examine any five (5) of the followings:</b></p> <p><b>a. Needs of an exceptional child:</b></p> <ul style="list-style-type: none"> <li>- Psychological needs</li> <li>- Educational/career/vocational needs</li> <li>- Economic needs</li> <li>- Social needs</li> <li>- Communication needs</li> <li>- Personal needs</li> <li>- Health needs</li> <li>- Motivation</li> <li>- Counselling needs e.t.c. <b>(2marks x 5responses = 10marks)</b></li> </ul> <p><b>b. Factors that can influence the attitude of parents with special children</b></p> <ul style="list-style-type: none"> <li>- Psychologically</li> </ul>

	attitude of parents with special children.	<ul style="list-style-type: none"> <li>- Socially</li> <li>- Culturally</li> <li>- Economically</li> <li>- Religiously, Sex of the child, age of the child, e.t.c.</li> </ul> <p>Existing studies reveal that very often the parents have a negative attitude towards their child with disabilities. The parents are plagued with feelings of pessimism, hostility, and shame. Denial, projection of blame, guilt, grief, withdrawal, rejection, and acceptance are the usual parental reactions. Some parents also experience helplessness, feelings of inadequacy, anger, shock and guilt whereas others go through periods of disbelief, depression, and self-blame.</p> <p><b>*Students are expected to explain any 5 of the above – 2 x 5=10marks</b>  <b>(Total = 20 marks)</b></p>
3	<p>a. Discuss the concept of giftedness and talentedness in Special Education.</p> <p>b. Expatiate five (5) challenges associated with the psycho-educational assessment of the gifted child in Nigeria</p> <p>c. As a student of special needs and counselling, give 4 possible suggestions to</p>	<p>Clark (1983) posits that giftedness is a biological root concept, a label for high level of intelligence that results from the advanced and accelerated integration of functions within the brain including physical sensing emotions cognitive and intuition. The definition of giftedness advanced by Renzuli (1978) is perhaps, the most widely referred definition. He sees gifted person as possessing three interlocking clusters of traits that include above average intelligence, task commitment, and creativity. <b>(2marks)</b></p> <p><b>*challenges associated with the psycho-educational assessment of the gifted child in Nigeria</b></p> <ul style="list-style-type: none"> <li>- Parental/Guardian ignorance;</li> <li>- Inappropriate Test instruments;</li> <li>- Inadequate training/Personal;</li> <li>- Unhealthy Rivalry among Professionals;</li> <li>- Poor funding of Test Construction;</li> <li>- Inadequate number of Gifted schools;</li> <li>- Impact of environment on gifted child;</li> <li>- Ceiling effects; and</li> <li>- Period of Identifying the gifted child</li> </ul> <p><b>*Students are expected to discuss any five points from the above listed. Each correct answer will attract 2marks : 2x5=10marks</b></p> <p>➤ Government and non-government agencies to eradicate parent/guardian ignorance on gifted children through enlightenment programmes on media houses, schools and public places. This must be with a view to identify gifted children in</p>

	<p>combat the challenges associated with the psycho-educational assessment of the gifted child in Nigeria</p>	<p>rural and urban areas at a tender age;</p> <ul style="list-style-type: none"> <li>➤ Government and non-government agencies to sponsor the development of psycho-educational assessment tests that are culturally relevant and devoid of ceiling effects;</li> <li>➤ Government policy to ensure that only qualified personnel are employed to teach the gifted child with provision of adequate facilities; and</li> <li>➤ Government to increase the number of gifted institutions in Nigeria and also ensure that only the truly gifted children are admitted.</li> </ul> <p><b>*Students are expected to discuss any 4 points and each correct answer will attract 2marks : 2x4=8marks</b>  <b>Total=20marks</b></p>
<p>4</p>	<p>a. The role of a counselor in special education cannot be overemphasized. What are the rationales for counsellors in special education?</p> <p>b. Discuss the following terms:</p> <ul style="list-style-type: none"> <li>a. Conductive Deafness</li> <li>b. Dyslexia</li> <li>c. Myopia</li> <li>d. Apraxia of speech</li> </ul>	<p><b>Rationale for counsellors in special education</b> - Counsellors serves as:</p> <ul style="list-style-type: none"> <li>- A teacher</li> <li>- A consultant</li> <li>- A test administrator (they evaluate, assess and interpret)</li> <li>- A referral agent/resource</li> <li>- A liaison officer</li> <li>- A motivator</li> </ul> <p><b>*Students are expected to discuss at least 5 of the listed points/rationales 2marks each x 5 = 10marks</b></p> <ul style="list-style-type: none"> <li>a. Conductive deafness: are caused by diseases or obstructions in the outer or middle ear (the pathways for sound to reach the inner ear). Conductive hearing losses usually affect all frequencies of hearing evenly and do not result in severe losses. It can be corrected by the use hearing aid or surgery.</li> <li>b. Dyslexia: this is a reading-based learning disability which results in children having difficulty with word recognition and decoding print. They experience difficulty identifying and comprehending words from a book or with spelling.</li> <li>c. Myopia: is when an individual is unable to read materials that are far from his/her eyes. It is caused by the elongation of the lens. This results in light from an object converging in front of the retina. When resultant images are formed before the retina, the person will not be able to see an object clearly unless it is brought close to the eyes. It is corrected by the use of a concave lens.</li> <li>d. Apraxia of Speech: this is the acquired form of motor speech disorder caused by brain injury, stroke or dementia. The affected individuals are unable to express themselves consistently and correctly. Apraxia is of two types- development apraxia (occurs in children and is generally</li> </ul>

		present from birth) and acquired apraxia (present in adult resulting from physical injury to the brain). <b>(2.5marks each x 4=10marks)</b>
5	<p>a. Discuss five (5) causes of handicapping conditions (10marks)</p> <p>b. Explore five (5) counselling skills required in special education</p>	<p>*Students are to discuss any five (5) of the followings:  - Genetic hazards (e.g. Down syndrome, Klinefelter syndrome, Turner e.t.c.), - Prenatal &amp; postnatal factors, -Negative stress situation, -Accident, - War, - Forceps of delivery, - Illetracy, - Poor hygienic conditions, - Malnutrition, - Diseases, - Maternal age, - Maternal emotion, - Poliomyelitis, Exposure to toxic chemicals, - Prolonged labour, -Sexually transmitted diseases e.t.c <b>(2 x 5=10marks)</b></p> <p>b. * <b>Students are expected to discuss any counselling skill they know.</b> Examples are: Empathy, Questioning, Unconditional Positive Regard, Paraphrasing, Encouraging, Genuineness, Assuring, Summarizing etc <b>(2 x 5=10marks)</b></p>