



(Knowledge for Development)

KIBABII UNIVERSITY

**UNIVERSITY EXAMINATIONS 2021/2022
ACADEMIC YEAR**

**FIRST YEAR SECOND TRIMESTER
SUPPLEMENTARY EXAMINATION
FOR BACHELOR OF SCIENCE IN NURSING DEGREE**

COURSE CODE: NUR 123

COURSE TITLE: HUMAN PSYCHOLOGY AND COUNSELLING

DATE: 22/09/2022

TIME: 2.00pm-5.00pm

INSTRUCTIONS TO CANDIDATES

Answer ALL Section one (1) MULTIPLE CHOICE QUESTIONS and ALL Section two (2) SHORT ANSWER QUESTIONS and ANY ONE (1) section THREE (3) LONG ANSWER QUESTION.

TIME: 3 Hours

This paper consists of 7 printed pages. Please Turn Over
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SECTION 1 (MULTIPLE CHOICE QUESTIONS) (50 MARKS)

1. Festinger is known for the concept of cognitive dissonance, He believes individuals
 - A. cannot accept differences of opinion
 - B. tend to change their attitudes irrationally
 - C. seek consistency in cognitive structure
 - D. reject discrepancies between the real and ideal
2. The first theorist to acknowledge continued development during adulthood was
 - A. jung
 - B. adler
 - C. piaget
 - D. loevinger
3. According to Adler's theory of individual psychology, when an individual's real self and self-ideal do not match,
 - A. the reality principle becomes evident
 - B. the individual will seek ego gratification
 - C. the preconventional level has been reached
 - D. feeling of inferiority arise
4. Two theorists who believe human beings are motivated by needs are
 - A. adler and allport
 - B. maslow and rogers
 - C. murray and maslow
 - D. moreno and murray
5. A counselor whose methods are based on learning theory approaches treatment
 - A. with an emphasis on rational thinking
 - B. by focusing on emotional content
 - C. from a behavioural standpoint
 - D. in a holistic manner
6. Counselors who consistently behave in accordance with their own values and perceptions are exhibiting the trait called _____.
 - A. empathy
 - B. transference
 - C. intimacy
 - D. genuineness
7. The approach used by _____ is very effective for treating depression.
 - A. Adler
 - B. Beck
 - C. Freud
 - D. Jung
8. Some counseling techniques are appropriate for individual counseling, while others apply more to group counseling. Which of the following counselor skills applied to individual as well as group counseling?
 - A. summarizing
 - B. consensus taking
 - C. moderating
 - D. linking
9. Maslow believes that individuals are unable to reach self-actualization until they
 - A. face reality

- B. identify irrational beliefs
 - C. satisfy lower order needs
 - D. resolve transference issues
10. "Empty chair" is a group technique used by which type of group counselor?
- A. gestalt
 - B. behavioural
 - C. transactional analysis
 - D. adlerian
11. Self-disclosure involves
- A. "war stories"
 - B. sharing self-knowledge with the group
 - C. dumping negative feelings on the group
 - D. "letting it all hang out"
12. Which of the following is a situation where it is appropriate for a therapist to breach confidentiality?
- A. spouse inquiry
 - B. court order
 - C. insurance company order
 - D. relative asks a question
13. According to Freud, when the patient reacts to the therapist in ways that resemble how he or she would react to other authority figures, the process is called
- A. resistance
 - B. catharsis
 - C. free association
 - D. transference
14. A person who is afraid of snakes is taken to a zoo by his therapist and made to sit in a room with dozens of snakes. This is an example of
- A. gestalt therapy.
 - B. flooding.
 - C. aversive conditioning.
 - D. cognitive restructuring.
15. Maturation and ----- go hand in hand in development.
- A. evolution
 - B. involution
 - C. development
 - D. learning
16. Clinical psychologists and counseling psychologists
- A. have in common the fostering of personal growth.
 - B. use many of the same tools of assessment
 - C. both receive training in assessment and therapy.
 - D. all of the above
17. What is the shape of the model that embodies Abraham Maslow's ideas about the hierarchy of needs theory?
- A. An ellipse
 - B. A sphere
 - C. A pyramid
 - D. Cuboid

18. Name the top rung of human needs in Maslow's hierarchical model.
- A. The need for self-actualization
 - B. The need for respect
 - C. The need for security
 - D. The love and belonging
19. According to flow theory, the motivation for human action is the pursuit of:
- A. happiness
 - B. homeostasis
 - C. satisfaction
 - D. self-actualization
20. According to Piagetian theory, cognitive development is influenced by all of the following EXCEPT:
- A. perception.
 - B. reasoning.
 - C. verbal facilities.
 - D. language.
21. The task that an individual can accomplish only with the assistance of a more experienced person represents the learner's:
- A. area of cognitive dissonance.
 - B. zone of proximal development.
 - C. learning opportunity.
 - D. point of disequilibrium.
22. According to Erikson, _____ is "the ability to fuse one's identity with someone else's without fear you're going to lose yourself."
- A. trust
 - B. identity
 - C. intimacy
 - D. post-formal thinking
23. Critics of Kohlberg claim that his theory reflects all of the following EXCEPT:
- A. a cultural bias.
 - B. an age bias.
 - C. a liberal bias.
 - D. a gender bias.
24. Which of the following characteristics IS NOT reflective of a cognitive view of learning?
- A. Changes in knowledge lead to changes in behavior.
 - B. The outcome of learning is an observable behavior.
 - C. Reinforcement is seen as information.
 - D. Humans are active learners
25. Social constructivists, like Vygotsky, recognize that knowledge is a socially developed and held construction. (If True indicate (T), if False indicate F)
- True
False
26. Mr. Twist begins and ends each of his classes with a discussion of his students' beliefs and understandings of the topic under study. All assessments are conducted in groups and the students themselves evaluate the assignments. He believes that

by engaging in self-evaluation students' collective knowledge will be valued and that this practice allows learners to discuss their process of knowing. What view of knowledge is this teacher best illustrating?

- A. radical constructivism
- B. situated cognition
- C. social constructivism
- D. socioculturalism

27. Mrs. Ostapovich always starts her class unit on civil rights with a discussion of her students' existing beliefs. She wants to help her students become aware of what they know. In doing this Mrs. Ostapovich is trying to "unearth" her students:

- A. declarative knowledge.
- B. explicit knowledge.
- C. schooled knowledge.
- D. tacit knowledge.

28. A stimulus that does not initially elicit a response in an organism is a(n)

- _____.
- A. unconditioned stimulus
 - B. neutral stimulus
 - C. conditioned stimulus
 - D. unconditioned response

30. Betika betting rewards according to which reinforcement schedule?

- A. fixed ratio
- B. variable ratio
- C. fixed interval
- D. variable interval

31. In Bandura's Bobo doll study, when the children who watched the aggressive model were placed in a room with the doll and other toys, they _____.

- A. ignored the doll
- B. played nicely with the doll
- C. played with tinker toys
- D. kicked and threw the doll

32. The limbic system is the part of your brain that controls motivations and emotions. Which of the following comprise the limbic system?

- A. Hypothalamus, Hippocampus, Amygdala, Cerebrum
- B. Hypothalamus, Hippocampus, Amygdala, Pituitary
- C. Hypothalamus, Hippocampus, Cerebrum, Pituitary
- D. Hypothalamus, Cerebrum, Amygdala, Pituitary

33. The _____ is to feeling fear as the _____ is to feeling pleasure.

- A. pons/medulla
- B. amygdala/hypothalamus
- C. thalamus/hypothalamus
- D. cerebellum/amygdala

34. Damage to the hippocampus is most likely to impair:

- A. memory
- B. balance
- C. sleep

D. breathing

35. A psychologist who practices Gestalt Therapy would most likely be a(n):

- A. humanist
- B. behaviourist
- C. evolutionist
- D. cognitivist

36. Which of the following is NOT associated with Freud?

- A. id
- B. ego
- C. shadow
- D. super-ego

37. Which of the following is a depressant?

- A. alcohol
- B. nicotine
- C. LSD
- D. caffeine

38. Giving a student extra homework after they misbehave in class is an example of:

- A. positive punishment
- B. negative punishment
- C. positive reinforcement
- D. negative reinforcement

39. In classical conditioning, UR and CR are:

- A. opposite behaviours
- B. the same behavior
- C. the result of extinction
- D. the same stimulus

40. Chomsky argued that:

- A. all languages share a fundamental universal grammar
- B. brains contain a language acquisition device
- C. children are born with a knowledge of general rules of syntax
- D. all of the above

41. _____ area is to language comprehension as _____ area is to language production.

- A. Wernicke's, Broca's
- B. Broca's, Wernicke's
- C. Chomsky's, Skinner's
- D. Skinner's, Chomsky's

42. A man may do poorly on a spelling test not because he lacks spelling ability but because he knows that men are not expected to do well on spelling tests. This is an example of:

50. Which of the following is not a defence mechanism?
- A. projection
 - B. regression
 - C. ingratiation
 - D. sublimation

SECTION 2 (SHORT ANSWER QUESTIONS) (30 MARKS)

1. State 4 characteristics of Psychological Tests: (4 marks)
2. State six (6) Symptoms of relationship difficulties (6 marks)
3. Describe the three (3) stages of memory (6marks)
4. State any 4 classes of learning theories (4 Marks)
5. Describe any three (3) Biases in attribution process (6marks)
6. Outline any four (4) sources of prejudice (4 marks)

SECTION 3 (LONG ANSWER QUESTIONS) (20 MARKS)

1. Discuss any five ethics of counsellors (20 Marks)
2. Describe Erik Erikson's Stages of Psychosocial Development (20 Marks)