



*(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:

- A. test bias
- B. gender neutrality
- C. stereotype threat
- D. the Flynn effect

43. If an intelligence test is reliable, you would expect people to:

- A. be able to cheat on the test
- B. get a better score each time they write the test
- C. get a similar score each time they write the test
- D. take longer to write the test if they take it again

44. When faced with a stressful situation, men are likely to respond with the:

- A. fight or flight response
- B. hurt then help response
- C. fist and knees response
- D. tend and befriend response

45. The ability to control one's emotions is known as:

- A. facial feedback
- B. interpersonal intelligence
- C. emotional regulation
- D. emotional contingency

46. Physical exercise can:

- A. lower blood pressure
- B. improve muscle strength
- C. slow age-related cognitive decline
- D. all of the above

47. Which neo-Freudian challenged his ideas about penis envy?

- A. Adler
- B. Fromm
- C. Jung
- D. Horney

48. The influence of parents on the personality of their children is:
- A. non-existent
  - B. weakest in early childhood
  - C. strongest in early childhood
  - D. consistent across the lifespan
49. Projective tests claim to reveal information about:
- A. career aptitude
  - B. intellectual attainment
  - C. unconscious processes
  - D. parenting style
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)