

CHUKA



UNIVERSITY

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**EXAMINATION FOR THE AWARD OF DIPLOMA IN COUNSELING
PSYCHOLOGY**

CPSY 0131: PERSONAL DEVELOPMENT

STREAMS: CPSY

TIME: 2 HOURS

DAY/DATE: FRIDAY 06/12/2019

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

Answer question ONE (compulsory) and any other TWO

QUESTION ONE

- (a) Briefly outline 5 areas of personal self-concept. (10 marks)
- (b) Explain the purpose of self-awareness in a person's life. (10 marks)
- (c) Draw and explain the Johari window as pertains to personal development. (10 marks)

QUESTION TWO

- (a) Mention any 5 challenges a therapist may face in their personal development. (10 marks)
- (b) Indicate any 5 goals that may be set by a therapist as they pursue personal development. (10 marks)

QUESTION THREE

- (a) Give 3 reasons why counselors are referred to as 'wounded Healers' (6 marks)
- (b) Differentiate personal values and personal resources. (4 marks)
- (c) Mention 5 characteristics of a fully functioning therapist. (10 marks)

QUESTION FOUR

- (a) Indicate 5 stress management techniques. (10 marks)
- (b) Compare and contrast the Shield and the Family Tree in their explanation of personal growth and awareness. (10 marks)
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