

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
PSYCHOLOGY**

PSYC 233: SELF AWARENESS AND PERSONAL DEVELOPMENT

STREAMS: B PSYC

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 19/4/2023

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

**ANSWER QUESTION ONE AND ANY OTHER TWO
DO NOT WRITE ON THE QUESTION PAPER**

- Q1. (a) Demonstrate your understanding of the following concepts. (10 marks)
- i) Self awareness
 - ii) Personal development
 - iii) Informal assessment
 - iv) Supervision
 - v) Journal keeping
- (b) Describe four forms of formal assessments for identification of careers. (8 marks)
- (c) Explain two challenges to self- awareness. (4 marks)
- (d) Discuss with relevant examples the significance to personal development of two sections of the Johari's window. (8 marks)
- Q2. (a) Describe two areas of focus for personal development according to the cognitive behavioral approach. (4 marks)
- (b) Evaluate critically four key areas that are central to self- awareness. Use relevant examples. (16 marks)

- Q3. (a) Describe with use of relevant examples six values that a professional helper should possess. (12 marks)
- (b) Discuss four forms of informal assessment that can be applied in the Kenyan context to choose suitable careers. (8 marks)
- Q4. (a) Describe four benefits of self awareness to a helping professional. (8 marks)
- (b) Discuss with relevant examples the importance of four forms of personal development and self awareness to a therapist. (12 marks)
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