



CERTIFICATE UNIVERSITY EXAMINATIONS

SCHOOL OF ARTS, HUMANITIES, DEVELOPMENT

STUDIES AND SOCIAL SCIENCES (SADS)

CERTIFICATE IN COUNSELLING AND PSYCHOLOGY

**CCP 103: FOUNDATIONS OF HUMAN GROWTH AND
DEVELOPMENT**

DATE: 28TH JULY 2026

DURATION: 2 HOURS

MAXIMUM MARKS: 70

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**

QUESTION ONE

Read the case study below carefully and answer the questions that follow:

THE JOURNEY OF GROWTH - FROM CHILDHOOD TO YOUNG ADULTHOOD

Amani, a child born into a middle-income family in an urban setting, experiences various stages of growth and development influenced by biological, psychological, and social factors. His journey reflects key developmental milestones, challenges, and opportunities from early childhood to young adulthood. Amani is born healthy and receives proper nutrition, vaccinations, and care. His parents actively engage in his early development by reading to him, providing stimulating toys, and encouraging interaction with family members. Despite a nurturing environment, Amani experiences occasional childhood illnesses, requiring medical attention. His cognitive and language development thrive due to early stimulation.

Amani enrolls in primary school, where he develops cognitive skills such as reading, writing, and problem-solving. He also forms friendships that shape his social understanding. His parents support his education and enroll him in extracurricular activities like soccer and music. However, Amani faces challenges such as competition in school and peer pressure, which his parents and teachers help him navigate. During adolescence, Amani undergoes significant physical, emotional, and social changes. He experiences a growth spurt, deeper voice changes, and hormonal shifts. Emotionally, he seeks independence and forms his own identity. He questions societal norms and explores his interests.

Peer relationships become more influential, sometimes leading to conflicts with parental expectations. At 16, Amani struggles with academic pressure and self-image issues due to comparisons with peers on social media. His parents encourage open communication and emotional support, helping him develop resilience and self-confidence.

Required:

- a) Explain any two theories which highlight on human development. **(6 Marks)**
- b) With the case study, discuss characteristics of the young adult's phases of growth and development. **(12 Marks)**
- c) Discuss challenges of the young adult's phases of growth and development as in the case study. **(12 Marks)**

QUESTION TWO

- a) Analyse the trimesters of growth and development of unborn baby **(6 Marks)**
- b) Assess the various educational implications of children emotional development **(4 Marks)**

QUESTION THREE

- a) Examine the elements of development in the study of fundamentals of growth and development **(5 Marks)**
- b) Describe the characteristics of babies under two years of age,. **(5 Marks)**

QUESTION FOUR

- a) Assess the factors that may influence a child's at early childhood stage identity as they grow up **(5 Marks)**
- b) Elaborate the various elements that are depicted by human emotions **(5 Marks)**

QUESTION FIVE

- a) Explain the various growth steps of young children in the study of human growth and development. **(5**

Marks)

- b) Analyse the qualities of children below 6 years of age according to Jean Piaget.

(5 Marks)

QUESTION SIX

- a) Propose five benefits of the study of human growth and development **(6 Marks)**

- b) Using examples describe development task of childhood as stated by Havinghurst

(4 Marks)