

The
Management
University
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DIPLoma UNIVERSITY EXAMINATIONS
SCHOOL OF MANAGEMENT AND LEADERSHIP
DIPLoma IN COUNSELLING AND PSYCHOLOGY

DCP 106: PERSONALITY DYNAMICS

DATE: 8TH APRIL 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:

JANE'S JOURNEY TO SELF-AWARENESS

Jane is a 28-year-old marketing executive working at a multinational company. She is known for her outgoing and charismatic personality. Jane is highly social, often organizing team-building activities and outings for her colleagues. Despite her outward confidence, she occasionally struggles with self-doubt and anxiety, especially when it comes to making important decisions.

Jane's background is diverse; she grew up in a multicultural environment, which has made her adaptable and open-minded. Her childhood was filled with various extracurricular activities, ranging from sports to music, which allowed her to develop a wide range of skills and interests. Jane's parents were supportive but had high expectations, which sometimes made her feel pressured to excel in all areas of her life.

At work, Jane is a team player and often takes on leadership roles. Her colleagues admire her for her ability to handle stress and her creative problem-solving skills. However, Jane sometimes feels overwhelmed by the responsibility and finds it challenging to delegate tasks. This leads to occasional burnout and affects her work-life balance.

Jane has recently started seeing a therapist to help her manage stress and improve her self-awareness. Through therapy, she has learned about different personality traits and how they influence her behavior. She is particularly interested in the Big Five personality traits model and how it can help her understand herself better.

Through her sessions with the therapist, Jane has discovered that her high levels of extraversion and agreeableness make her a natural leader but also contribute to her feelings of burnout. She has learned the importance of setting boundaries and delegating tasks to maintain a healthy work-life balance. Jane is also working on managing her neuroticism by developing coping strategies for her anxiety and self-doubt.

Jane's journey to self-awareness highlights the importance of understanding one's personality traits and how they influence behavior. By recognizing her strengths and weaknesses, Jane can develop strategies to manage stress and improve her overall well-being. Therapy has played a crucial role in helping Jane navigate her personality traits and achieve personal growth.

Required:

- a) Discuss the Big Five personality traits model and how you can apply it to Jane.

(10 marks)

- b) Assess ten reasons why self-awareness is important to Jane and also to other people.

(10 Marks)

- c) Identify two strengths and two weaknesses in Jane's personality as presented in the case study. **(6**

marks)

- d) Propose two strategies that Jane can use to improve her work-life balance and manage stress more effectively.

(4 marks)

QUESTION TWO

- a) Discuss the meaning of personality. **(4 Marks)**

- b) Propose how you can use body language to assert yourself.

(6

Marks)

QUESTION THREE

- a) Enumerate the benefits of effective time management. **(4**

Marks)

- b) Discuss three factors that determine our attitude. **(6**

Marks)

QUESTION FOUR

- a) Examine four ways of developing a positive personality. **(4 Marks)**
- b) Suggests six ways of creating a motivated mind set. **(6 Marks)**

QUESTION FIVE

- a) Explain the development and consequences of low self-esteem in an individual **(6 Marks)**
- b) Analyse four types of role play conflicts. **(4 Marks)**

QUESTION SIX

- a) Discuss three methods of developing self-efficacy. **(6 Marks)**
- b) Examine some strategies on effective time management. **(4 Marks)**