



UNDERGRADUATE UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

DEGREE OF BACHELOR OF ARTS IN DEVELOPMENT STUDIES

CDV 403: HUMAN DEVELOPMENT

DATE: 14TH 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 **THREE** questions.
6. Question **ONE** carries **25 MARKS** and the rest carry **15 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:

In Cedar Valley, a diverse group of 20 young adults, aged 18-25, participates in a community program aimed at enhancing personal development and well-being during their transition to adulthood. This program addresses key themes such as self-identity, emotional intelligence, and the influence of socio-economic factors. Participants include Maria, a 19-year-old immigrant from Mexico navigating cultural adaptation and family expectations; Jake, a 22-year-old from a low-income background grappling with self-esteem and identity issues; Aisha, a 21-year-old facing pressure from her long-established family to follow traditional career paths; and Liam, a 20-year-old aspiring artist contending with societal norms about success.

Through discussions on cultural influences and the historical context of identity development, the group fosters a supportive environment that promotes resilience. The program also emphasizes ethical considerations, encouraging participants to reflect on their values, while workshops on safety and emotional well-being address the complexities of transitioning to adulthood, helping them navigate their unique paths with a focus on mental health and personal growth.

Required:

- a) Explain three ways of understanding the cultural nature of human development using Maria's experiences as an example **(3 Marks)**
- b) Analyze the impact of socio-economic factors on Jake's self-esteem and identity, and explain how these factors influence his participation in the community program. **(5 Marks)**
- c) Evaluate the role of family expectations in Aisha's personal development and discuss how these expectations shape her identity and career aspirations. **(4 Marks)**
- d) Examine the societal norms that Liam confronts as an aspiring artist. Examine the challenges that these norms present for his emotional well-being and self-concept? **(4 Marks)**

- e) Explain how the community program addresses emotional intelligence among participants. Assess specific strategies or activities might be included to foster emotional growth? **(4 Marks)**
- f) Identify the various developmental factors discussed in the program and explain how they interact to influence the participants' transitions to adulthood. **(5 Marks)**

QUESTION TWO

- a) Explain how different life-course transitions impact emotional well-being and the strategies that individuals can use to cope. **(5 Marks)**
- b) Discuss how empathy can be effectively taught in educational settings to promote pro-social behavior. **(10 Marks)**

QUESTION THREE

- a) Analyze the philosophical perspectives that shape human development theories **(5 Marks)**
- b) Discuss the role of ethics in developmental research and its importance in guiding practice **(10 Marks)**

QUESTION FOUR

- a) Explain in what ways can self-awareness enhance personal and professional development? **(2 Marks)**
- b) Describe three key factors that contribute to successful personality development **(3 Marks)**
- c) Examine how emotional intelligence influence decision-making in personal and professional contexts? **(10 Marks)**

QUESTION FIVE

- a) Assess how different parenting styles affect the development of specific personality traits **(5 Marks)**
- b) Explain the ways that cultural values influence personality traits in different societies **(10 Marks)**

QUESTION SIX

- a) Elaborate on the strategies which educators and parents can use to promote pro-social behavior and empathy in children **(5 Marks)**
- b) Evaluate the role of environmental factors in shaping personality development during adolescence. **(10 Marks)**