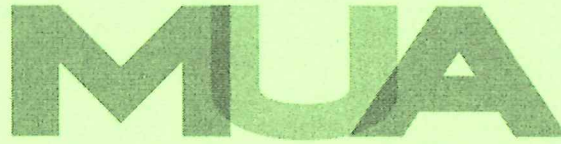


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CERTIFICATE UNIVERSITY EXAMINATIONS
SCHOOL OF MANAGEMENT AND LEADERSHIP
CERTIFICATE IN COUNSELING AND PSYCHOLOGY

CCP 103: FOUNDATIONS OF HUMAN GROWTH AND DEVELOPMENT

DATE: 1ST APRIL 2025

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:

Sarah's Developmental Journey

Sarah is a 10-year-old girl who lives in a suburban neighborhood with her parents and two younger siblings. From infancy, Sarah met most of her developmental milestones on time. She began walking at 12 months and speaking in short sentences by the age of 2. However, as she entered school, her teachers noticed she had difficulties with reading and writing, even though she excelled in social interactions and physical activities.

At age 6, Sarah was diagnosed with a mild learning disability, specifically in reading comprehension. Her parents and teachers implemented individualized learning strategies, including extra tutoring and the use of interactive learning materials. By the age of 9, her reading skills had improved significantly, though she still faced challenges with written expression.

Despite her struggles in academics, Sarah is highly active in extracurricular activities, particularly sports and music. She enjoys soccer and plays the violin, which she learned through a local after-school program. Her parents are supportive and provide encouragement, ensuring she has a balanced routine of education, play, and family time.

As she approaches adolescence, Sarah begins to show curiosity about her identity and independence. She sometimes questions her parents' rules and seeks approval from her peers. Her emotional responses are becoming more complex, and she occasionally experiences mood swings, which her parents are trying to understand and support.

Required:

- a) Explain the various growth steps of young children in the study of human growth and development. (10 Marks)
- b) Propose the best theory which highlight on human development of Sarah's social, development at different stages. (10 Marks)
- c) Discuss five roles of early intervention in addressing Sarah's learning disability. (10 Marks)

QUESTION TWO

- a) Discuss challenges of the young adult's phases of growth and development as in the case study. (8 Marks)
- b) Define the following terms:
- i. Human development (1 Mark)
 - ii. Cognitive development (1 Mark)

QUESTION THREE

- a) Infants under two years of age go through rapid physical, cognitive, and emotional changes that shape their early development. Based on your readings and research, describe the key characteristics of babies under two years old, focusing on their physical, cognitive, social, and emotional development. (5 Marks)
- b) Children's identity formation in early childhood is influenced by multiple factors, including family, culture, environment, and social interactions. Explain how these influences impact their development over time. (5 Marks)

QUESTION FOUR

- a) Human emotions play a crucial role in psychological and social development. Determine five elements that define human emotions. (5 Marks)
- b) Discuss how these elements contribute to emotional expression, regulation, and interpersonal relationships. (5 Marks)

QUESTION FIVE

- a) The study of human growth and development outlines specific steps in young children's development, including physical, cognitive, and emotional changes. Explain the various growth steps of young children. (5 Marks)
- b) Highlight key developmental milestones and how they contribute to overall development. (5 Marks)

QUESTION SIX

Jean Piaget's theory of cognitive development outlines distinct qualities of children below the age of six. Using Piaget's framework, analyze the characteristics of young children in this age group, focusing on their cognitive abilities, learning patterns, and problem-solving skills. **(10 Marks)**