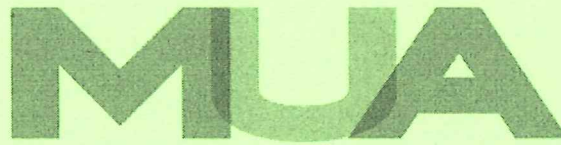


The
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CERTIFICATE UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

CERTIFICATE IN COUNSELING AND PSYCHOLOGY

CCP 102: FOUNDATIONS OF PSYCHOLOGY

DATE: 2ND 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:

Lifespan, Human Development, Social and Emotional Analysis of an Adult

Josh is a 27 year-old male who recently moved back in with his parents after his fiancée was killed by a drunk driver. His fiancée, a beautiful young woman he'd been dating for the past 4 years, was walking across a busy intersection to meet him for lunch one day. No matter how hard he tries to forget, he frequently finds himself reliving the entire incident as if it was happening all over. Since the accident, Josh has been plagued with nightmares almost every night. He has difficulty sleeping and frequently wakes up tired. He winds up skipping breakfast and drinks about 24 oz of coffee to stay awake in the mornings. Around noon, he grabs a burger or fried chicken sandwich from the fast food restaurant next door to the office.

He works until late, and then comes home to eat dinner, which his mother has left for him. He drinks a six pack and falls into bed. Josh used to enjoy his job as a lawyer. He has always been a high achiever, and he graduated with top honours in both college and law school. He always found work stressful, but had been excited to earn a promotion at the firm, on his way to becoming a partner. Recently, he has called in sick to work on several occasions, which was not like him. When he does go to work, he often keeps to himself and doesn't socialize with anyone else. Normally an outgoing, fun-loving guy, Josh has become increasingly withdrawn and irritable since his fiancé's death. His parents worry about how detached and emotionally flat he's become. He's stopped working out, playing his guitar, or playing basketball with his friends - all activities he once really enjoyed. He doesn't talk about dating or women and refuses any plans that might involve being set up. He spends most of his time alone.

Required:

- a) Illustrate the reasons that suggest that Josh has become an introvert. (10 Marks)
- b) Suggest five types of psychologists Josh should work with. (10 Marks)
- c) Suggest five problems Josh may have due to inadequate sleep. (10 Marks)

QUESTION TWO

- a) Demonstrate the three types of memory storage (6 Marks)
- b) Examine the concept of conscious and preconscious as brought out by Sigmund Freud (4 Marks)

QUESTION THREE

- a) Examine five benefits of sleep to a human being. (5 Marks)
- b) Discuss Maslow's theory of motivation. (5 Marks)

QUESTION FOUR

- a) Compare and contrast extroverts and ambivalent personalities. (4 Marks)
- b) Enumerate six types of psychologists and the work that they do (6 Marks)

QUESTION FIVE

- a) Illustrate four principles of heredity. (4 Marks)
- b) Analyze three skin senses (6 Marks)

QUESTION SIX

- a) Explain the process of classical conditioning (4 Marks)
- b) Enumerate four types of outward emotions (6 Marks)

