



SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF COUNSELLING PSYCHOLOGY

UNIT CODE: BCP 111: INTRODUCTION TO PSCHOLOGY

September – December 2018/2019 End Semester Exam - Time: 2 Hours

Instructions: Answer Question ONE (Compulsory) and any other TWO questions.

QUESTION ONE

(a) Define the following terms (4 marks)

- i. Psychology
- ii. Empiricism
- iii. Stress
- iv. Theory

(b) Briefly explain the following branches of psychology (6 Marks)

- i. Clinical psychology
- ii. Developmental psychology
- iii. Social psychology

(c) Distinguish between “sensation” and “perception” (4 Marks)

(d) Define the two terms “extrinsic” and “intrinsic” motivation giving an example in each case (4 Marks)

(e) Define the following two terms as used in psychology of motivation. (3 Marks)

- i. Homeostasis
- ii. Drive

iii. Drive reduction theory

(f) Distinguish between “Anorexia nervosa” and “Bulimia” and show how each may be treated (4 Marks)

(g) Briefly explain the following sleep disorders (3 Marks)

- i. Insomnia
- ii. Sleep apnea
- iii. Narcolepsy

(h) Define the following terms associated with memory (2 Marks)

- i. Encoding specificity
- ii. Retrograde amnesia

QUESTION TWO

(a) Describe consciousness and altered states of consciousness (6 Marks)

(b) Explain the following three theories concerning dreaming (9 Marks)

- i. Dreams for survival theory
- ii. Reverse learning theory
- iii. Activation Synthesis theory

QUESTION THREE

Discuss cognition-the process of thinking reasoning and conceptualizing (15 Marks)

QUESTION FOUR

(a) Discuss the memory system and its three storages components or stages (9 marks)

(b) Explain any three common memory dysfunctions (6 Marks)

QUESTION FIVE

Discuss the effect of heredity and environment as pertains individual difference in Intelligence (15 Marks)