



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

SECOND YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
FIRST SEMESTER, 2021/2022
(FEBRUARY - JUNE, 2022)

BCPS 205: BEHAVIOUR MODIFICATION

STREAM: Y2 S1

TIME: 2 HOURS

DAY:

DATE:

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer question ONE in section A (Compulsory) and any other TWO questions from section B.***

SECTION A: (30 MARKS) COMPULSORY

- 1 (a) Explain the term “Behaviour modification”. (4 marks)
- (b) Differentiate between positive and negative reinforcement. (6 marks)
- (c) Explain five benefits of life coaching. (10 marks)

(d) Discuss operant conditioning theory as behaviour modification strategy.

(10 marks)

SECTION B: ANSWER ANY TWO QUESTION (40MKS)

2. (a) Explain the term “Behaviour extinction”. (4 marks)

(b). Describe five factors that influence behaviour extinction (8 marks)

(c) Using relevant examples distinguish between classical conditioning and trial and error theory (8 marks)

3 (a) Explain the term “negative punishment” (4 marks)

(b) Discuss the guidelines for using positive punishment (8 marks)

(c) Describe the five steps of functional behaviour assessment process(8 marks)

4 (a) Explain the term “Applied Behaviour Analysis”. (4 marks)

(b) Summarize four techniques that are used in applied behaviour analysis. (8 marks)

(c). Discuss how motivational interviewing therapy influence behaviour modification (8 marks)