



UNIVERSITY EXAMINATIONS

**SECOND YEAR EXAMINATION FOR THE AWARD OF THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
SECOND SEMESTER 2023/2024
[JANUARY – APRIL, 2024]**

BCPS 216: LIFE ENHANCEMENT AND SURVIVAL SKILLS

STREAM: Y2 S2

TIME: 2 HOURS

DAY: TUESDAY, 9:00 - 11:00 A.M.

DATE: 19/04/2024

INSTRUCTIONS

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

QUESTION ONE

- a) Explain how the following are useful in learning social skills.
- Speaking Skills – [4 Marks]
 - Listening Skills – [4 Marks]
- b) Describe three components of stress management – [4 Marks]
- c) Identify four causes of mental health problems – [4 Marks]
- d) Discuss how to handle loneliness – [4 Marks]
- e) Discuss the difference between Compassionate love and passionate love – [10 Marks]

QUESTION TWO

- a) Explain the meaning of Social and communication skills as they are used by the psychologist in helping clients. [10 Marks]
- b) Discuss Two Temperaments of life including their strengths and weaknesses. [10 Marks]

QUESTION THREE

- a) Explain marital Compatibility in marriage. [10 Marks]
- b) Discuss common types of social skills used by clients who have poor relationships with others. [10 Marks]

QUESTION FOUR

- A) Explain the following terms, giving examples in each case.
- i) Enhancement - [3 Marks]
- ii) Self - awareness - [3 Marks]
- iii) Survival Skills - [3 Marks]
- iv) Assertiveness - [3 Marks]
- a) Define the term “ Depression” , and give four of its features – [8 Marks]

QUESTION FIVE

- a) Give Explanations about the 4C’S – [10 Marks]
- b) Discuss various types of love and their expressions of love to the needy and their impacts to the society – [10 Marks]