



UNIVERSITY EXAMINATIONS

**SECOND YEAR EXAMINATION FOR THE AWARD OF THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

SECOND SEMESTER 2023/2024

[JAN - APRIL, 2024]

BCPS 213: COGNITIVE PSYCHOLOGY

STREAM: Y2 S2

TIME: 2 HOURS

DAY: THURSDAY, 9:00 - 11:00 P.M.

DATE: 18/04/2024

INSTRUCTIONS

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

QUESTION ONE

- What is the meaning of the term “Cognitive restructuring”? [2 marks]
- Identify four main factors that influences memory failure [4marks]
- Explain four ways of improving your ‘motivation [8 marks]
- Describe four factors that may affect perception [8 marks]
- Using examples differentiate between sensory and long term memory. [8 marks]

QUESTION TWO

- Identify two symptoms of forgetfulness [2 marks]
- Identify four common causes of forgetfulness [8 marks]

- c) Discuss five techniques which can be applied to overcome forgetfulness [10 marks]

QUESTION THREE

- a) Explain the term 'cognitive distortion' [2 marks]
b) Discuss the steps which you can use to help your client solve a problem. [8 marks]
c) Describe four obstacles of problem solving [10 marks]

QUESTION FOUR

- a) Identify two different types of metacognition [4 marks]
b) Discuss how you can regulate your metacognition [6 marks]
c) Describe five perceptual errors [10 marks]

QUESTION FIVE

- a) Differentiate between intrinsic and extrinsic motivation [4 marks]
b) Explain five ways of improving your memory [6 marks]
c) Describe five different types of intelligence [10 marks]