



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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**MAIN EXAMINATION**

**SEPTEMBER –DECEMBER 2021**

**FACULTY OF ARTS AND SOCIAL SCIENCES**

**DEPARTMENT OF PSYCHOLOGY**

**REGULAR PROGRAMME**

**BCP 104: SELF- AWARENESS AND PERSONAL DEVELOPMENT**

**Date: DECEMBER 2021**

**Duration: 3 Hours**

**INSTRUCTIONS: Answer Question ONE and any THREE Questions**

- Q1. a) Identify elements necessary for healthy adjustment of a person **(6 marks)**  
b) Explain the importance of self-awareness in counseling **(5 marks)**  
c) Examine the ethical issues one should be aware of in counseling **(6 marks)**  
d) Discuss the characteristics of a fully functioning person **(8 marks)**
- Q2. Illustrate the Johari Window model and its relevance in self-awareness **(15 marks)**
- Q3. Discuss ways in which a person can enhance self-awareness **(15 marks)**
- Q4. Assess the underlying motivations that may affect one's career choice **(15 marks)**
- Q5. Examine the stages involved in enhancing cultural awareness **(15 marks)**
- Q6. Explain the importance of self-awareness to a pastoral counselor **(15 marks)**

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