



**THE CATHOLIC UNIVERSITY OF EASTERN AFRICA**  
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**GABA CAMPUS - ELDORET**

**MAIN EXAMINATION**

**MAY – AUGUST 2022 TRIMESTER**

**FACULTY OF ARTS AND SOCIAL SCIENCES**

**DEPARTMENT OF SOCIAL SCIENCE & DEVELOPMENT STUDIES**

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

<b>Date:</b> July 2022	<b>Duration:</b> 2 Hours
<b>Instructions:</b> Answer Question <b>ONE</b> and any other <b>TWO</b> Questions	

**QUESTION ONE**

- a) Define the following basic terminologies in this course
  - i) Self (1 Marks)
  - ii) Esteem (1 Marks)
  - iii) Awareness (2 Marks)
  - iv) Image (1 Marks)
- b) Explain five reasons of studying this course to you as counselor (5 Marks)
- c) Outline Carl Rogers's views of "self" in reference to human beings (10 Marks)
- d) Describe the elements of wheel of awareness and personal development in human beings (10 Marks)

**QUESTION TWO**

- a) Briefly describe self-awareness as a life skill (10 Marks)
- b) Explain five importance of proper personal development for a Counselor (10 Marks)

### **QUESTION THREE**

- a) Indicate five aspects of personal development one should maintain in life  
(10 Marks)
- b) State and explain five importance of developing self-awareness especially in a counselling session  
(10 Marks)

### **QUESTION FOUR**

- a) Outline seven main steps of developing self-awareness for a Counselor  
(10 Marks)
- b) Discuss five mental challenges that leads to poor self-awareness  
(10 Marks)

### **QUESTION FIVE**

Discuss ten major life skills related to the self-awareness (20 Marks)

**\*END\***