



**THE CATHOLIC UNIVERSITY OF EASTERN AFRICA**  
**A. M. E. C. E. A**

P.O. Box 908  
30100 Eldoret - Kenya  
Telephone: 0728458276  
Fax: 254-20-891084  
Email: academics@cuea.edu

**GABA CAMPUS - ELDORET**

**MAIN EXAMINATION**

**SEPTEMBER – DECEMBER 2022 TRIMESTER**

**FACULTY OF ARTS AND SOCIAL SCIENCES**

**DEPARTMENT OF SOCIAL SCIENCE & DEVELOPMENT STUDIES**

**BACHELOR OF ARTS IN COUSELING PSYCHOLOGY**

**BCP 201: POSITIVE PSYCHOLOGY**

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

**QUESTION ONE**

- Define positive psychology according to Marty Seligma? **(4 Marks)**
- Critically examine the concept of money in relation to wellbeing of an individual as used in positive psychology? **(6 Marks)**
- Explain five principles of positive psychology **(10 Marks)**
- Discuss three pathways of Happiness as used in positive psychology **(10 Marks)**

**QUESTION TWO**

Positive psychology was never intended to replace traditional psychology, but to complement. Discuss this statement while citing examples? **(20 Marks)**

**QUESTION THREE**

Using practical examples, discuss FIVE benefits of practicing positive psychology **(20 Marks)**

**QUESTION FOUR**

Discuss how a counselor can help a client dealing with a specified psychological problem using positive psychology strategies **(20 Marks)**

### QUESTION FIVE

- a) Explain THREE positive psychology theories a counselor can encourage a client practice in everyday life **(10 Marks)**
- b) Discuss different ways a client can cultivate happiness as used in positive psychology **(10 Marks)**

**\*END\***

DEC 22 10 11 AM  
DTE