



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

MAIN EXAMINATION

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SEPTEMBER-DECEMBER 2020 TRIMESTER

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF COUNSELLING PSYCHOLOGY

REGULAR PROGRAMME

UNIT CODE: BCP 400: STRESS MANAGEMENT

Date: DECEMBER 2020

Duration: 4 Hours

INSTRUCTIONS: Answer ANY THREE Questions

All answers must be submitted through your student portal on ODEL

1. Discuss how personality relates to stress. (23.3 marks)
2. Analyze how the theories of stress would assist a person suffering from depression. (23.3 marks)
3. As a counselor you would want to administer an assessment test for a client suffering from stress for a long time. Explain the considerations you would make in the choice of the Assessment Tool for Stress. (23.3 marks)
4. Discuss the recommendations you would make to a client who comes to your office for therapy with acute stress in ensuring they deal with it. (23.3 marks)
5. Assess factors that would cause an individual to suffer from extreme stress to an extent of lowered productivity. (23.3 marks)