

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
PSYCHOLOGY**

PSYC 233: SELF AWARENESS & PERSONAL DEVELOPMENT

STREAMS: B.PSYC

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 14/07/2021

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

- **Answer question one and any other two**
- **Do not write on the question paper**

1. a) Describe five benefits of self-awareness to a therapist in Kenya. (10 marks)
b) Discuss any two challenges to personal development and use relevant example. (5 marks)
c) Explain any five reasons why personal development is important to a therapist in Kenya (15 marks)
 2. Discuss any five forms of self-awareness and personal development that may be applied by a therapist in Kenya. (20 marks)
 3. Examine any five aspects of self-awareness and personal development that are focused on by person-centered theory. Explain their importance to a therapist. (20 marks)
 4. Evaluate critically the four aspects of Joharis' window model and examine their significance to an effective helper. (20 marks)
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