



# **GRETSA UNIVERSITY - THIKA**

## **UNIVERSITY EXAMINATIONS JANUARY - APRIL 2021 SEMESTER**

### **DIPLOMA OF ARTS IN COMMUNITY DEVELOPMENT**

**COURSE CODE: DICP 014**

**COURSE TITLE: PERSONAL AND PROFESSIONAL  
DEVELOPMENT**

**DATE: 10 MAY 2021**

**TIME: 11:30 AM - 2:30 PM**

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#### **INSTRUCTIONS TO CANDIDATES**

1. SECTION A IS **COMPULSORY**.
2. SECTION B: ANSWER ANY OTHER **THREE** QUESTIONS.
3. **DO NOT** WRITE ANYTHING ON THIS QUESTION PAPER AS IT WILL BE AN EXAM IRREGULARITY.
4. ALL ROUGH WORK SHOULD BE AT THE BACK OF YOUR ANSWER BOOKLET AND CROSSED OUT.

**CAUTION:** All exam rooms are under CCTV surveillance during the examination period.

## **SECTION A: COMPULSORY**

### **QUESTION ONE**

- a) i) What do you understand by the term development? Explain using examples [3 Marks]  
ii) Using suitable examples, explain the meaning of the term developmental counselling. [3 Marks]  
iii) Discuss how five importance for the study of personal development contribute to development of the community. [14 Marks]
- b) Analyse the following:
- i) Society is recognised as exerting very powerful environmental influences over the developing individual. [10 Marks]  
ii) Professional development includes everything a counselor must do to continue to be ‘fit to practice’ [10 Marks]

## **SECTION B: ANSWER ANY THREE QUESTIONS**

### **QUESTION TWO**

- a) Discuss how four characteristics of effective counselor can contribute to the development of the community. [10 Marks]  
b) Discuss the following statement ‘we may accompany our clients on their painful or challenging journeys’. [10 Marks]

### **QUESTION THREE**

- a) Describe how four elements of coping behavior can contribute to the development of society. [10 Marks]  
b) Describe how four elements of developmental tasks can contribute to the development of the society. [10 Marks]

### **QUESTION FOUR**

- a) What is personal development? Explain using examples [3 Marks]  
b) List and explain five results of personal therapy and explain how they contribute to the development of the Society. [15 Marks]  
c) Explain two approaches to counselor training. [2 Marks]

### **QUESTION FIVE**

- a) Discuss four issues which one must consider when choosing a therapist who will contribute to personal development. [12 Marks]  
b) Describe three issues faced by beginning therapists and explain how they can be overcome. [8 Marks]

### **QUESTION SIX**

- a) Describe the self-concept and explain how positive concept can contribute to the development of a therapist. [5 Marks]  
b) Discuss five factors that influence the development of ‘ideal self’ and explain how they can contribute to the development of the society. [15 Marks]