



**AMREF INTERNATIONAL TRAINING CENTER
END OF SEMESTER EXAMINATION**

MAY-AUGUST 2026

QUALIFICATION: COUNSELLING PSYCHOLOGY LEVEL 5, level 6

UNIT TITLE: INTRODUCTION TO PSYCHOLOGY, Module I and module II

SEMESTER: MAY-AUGUST, 2026

DATE: 7TH AUGUST 2026

TIME: 2 HOURS **START:** 9AM **FINISH:** 11AM

CANDIDATE WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. Marks for each question are indicated in the brackets.
3. The paper consists of **TWO** sections: A and B.
4. Do not write on the question paper.
5. A separate answer booklet will be provided.

*This paper consists of **THREE (3)** printed pages*

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A: SHORT ANSWER QUESTIONS (40 MARKS)

Answer ALL QUESTIONS in this section

1. The following key terms are used in psychology. Define each of them.
 - a) Psychology (2 Marks)
 - b) Attention (2 Marks)
 - c) Perception (2 Marks)
 - d) Motivation (2 Marks)
2. Many organizations and communities are embracing psychology in day-to-day life activities. State four uses of studying psychology. (4 Marks)
3. Psychology is divided into various major schools of thoughts that focus on description of human mind and behaviors. Identify four major schools of psychology. (4 Marks)
4. James a counseling student at Kabati Training Institute comes to you for career guidance in psychology. Outline four branches of psychology that you would use to guide James better. (4 Marks)
5. Njoki a senior psychologist decides to embark on scientific research to find out more on nature vs nurture debate of psychology in acquisition of human behaviors. State four characteristics of scientific research in psychology. (4 Marks)
6. Differentiate between observation and experimental methods of psychological research. (4 Marks)
7. Perception is key aspect in understanding human behaviors. Mention four factors that influence perception. (4 Marks)
8. Memory is very key aspect of human mind. State four functions of memory in everyday life. (4 Marks)
9. Identify four types of emotions and their significance in counselling. (4 Marks)

SECTION B: STRUCTURED QUESTIONS (60 MARKS)

Answer ANY THREE (3) questions.

10. A counsellor is working with a client who reports low self-esteem, poor concentration, negative attitudes towards work, and difficulty managing emotions.
- a) Using psychological concepts, explain five ways how personality, attention, attitude, and emotions may influence the client's behaviour. (10 Marks)
 - b) Explain five ways how the counsellor can use psychological knowledge to assist the client. (10 Marks)
11. A teacher observes that some students learn faster than others despite receiving similar instruction. Using relevant theory of learning:
- a) Explain Five possible reasons for the differences and suggest strategies that can enhance learning outcomes. (10 Marks)
 - b) Describe the Five concept of intelligence and discuss factors that influence intelligence. (10 marks)
12. There are various theories of counseling used in therapy for integration of presenting issues and insights. Discuss the following theories, show their key elements and applications in counseling.
- a) Psycho-analysis school of psychology by Sigmund Freud. (10 Mark)
 - b) Behaviorism school of psychology. (10 Marks)
13. Melody a counseling psychologist based at Mshauri counseling center, receives students for career guidance on psychology.
- a) Explain FIVE benefits of studying psychology that you would take through the students. (10 mark)
 - b) Making appropriate career choice is part of professional requirement for the students. Discuss FIVE schools of psychology . (10 marks)

END