MAASAI MARA NIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
THIRD YEAR FIRST SEMESTER**

**SCHOOL OF EDUCATION
BACHELOR IN EDUCATION (EARLY
CHILDHOOD EDUCATION AND PROJECT
MANAGEMENT)**

COURSE CODE: ECP 3105-1

COURSE TITLE: PERSONALITY DEVELOPMENT

DATE: 15/12/2023   **TIME: 1430 – 1630 HRS**

INSTRUCTIONS TO CANDIDATE
Attempt question 1 (ONE) and any other 2 (TWO) Questions

SECTION A

1a). Giving valid examples, describe the following terms a give valid example.

(5 mks)

    i.   Personality
    ii.   Personality traits
    iii.   Character
    iv.   Temperament
    v.   Fixation

b). State **TWO** (2) characteristics of Ericksons psychosocial theory of personality development. (2 mks)

c).Using a pyramid, show the various stages of development by maslow's theory

(5 mks)

d). Differentiate between type A and type B personality styles. (6 mks)

e). What are emotions? (1 mk)

f)). Define communication (1 mk)

g) Briefly explain four goals of communication. (4mks)

h) List three (3) barriers to communication (3 mks)

i) Explain three (3) strategies/ styles of resolving conflict. (3mks)

SECTION B

QUESTION TWO

a). List four (4) characteristics of a self-actualized person. (4 MKS)

b). How can you make use of the humanistic theory in a learning environment.

(3 MKS)

c). Explain each of the following characteristics according to Trait theory (8 mks)

    i.   sanguine:
    ii.   phlegmatic:
    iii.   melanchonic:
    iv.   Choleric:

QUESTION THREE

a). Briefly explain five factors that influence personality development.   (10 mks)

b).What is the importance of life skills?   (5 mks)

QUESTION FOUR

a) Describe the main types of self-management and coping skills   (4 mks)

b) Explain the importance of self-awareness as a life skills   (4 mks)

c. i. Define the term "Defense mechanism"   (1 mk)

   ii. Outline three (3) types of Défense mechanisms and give reasons for each of the behaviours.   (6 mks)

QUESTION FIVE

a)   i. Explain Johari's four (4) windows of self- awareness.   (8 mks)

      ii. What are the principles of opening up and self-disclosure   (4 mks)

       iii. Outline the importance of self-esteem in personality development   (3 mks)

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