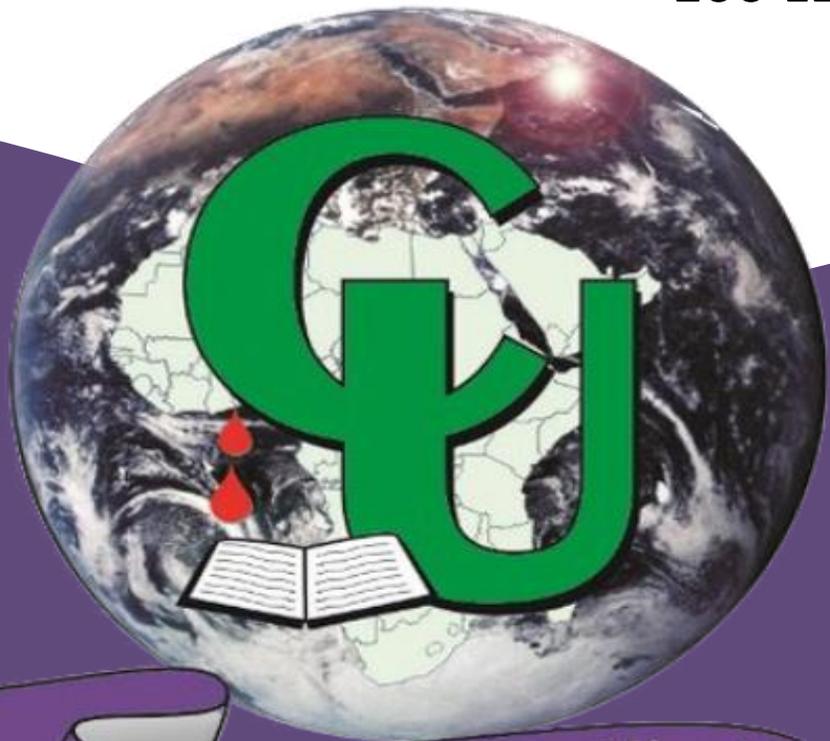


COVENANT UNIVERSITY

ALPHA SEMESTER TUTORIAL KIT
(VOL. 2)

PROGRAMME: PSYCHOLOGY

100 LEVEL



Raising A New Generation Of Leaders

DISCLAIMER

The contents of this document are intended for practice and learning purposes at the undergraduate level. The materials are from different sources including the internet and the contributors do not in any way claim authorship or ownership of them. The materials are also not to be used for any commercial purpose.

LIST OF COURSES

PSY112: HISTORY OF PSYCHOLOGY*

PSY113; LEARNING THEORIES AND PROCESSES*

PSY114: QUANTITATIVE METHODS IN PSYCHOLOGY*

PSY123: BASIC CONCEPTS IN EXPERIMENTAL PSYCHOLOGY

PSY126: INTRODUCTION TO COUNSELLING AND COUNSELLING SKILLS

*MARKING GUIDE NOT INCLUDED



COVENANT UNIVERSITY

CANAANLAND, KM. 10, IDI-IROKO ROAD

P.M.B 1023, OTA, OGUN STATE, NIGERIA

TITLE OF EXAMINATION: B.Sc. DEGREE EXAMINATION

COLLEGE: Leadership Development Studies

SCHOOL: Human Resources Development

DEPARTMENT: Psychology

SESSION: 2014/2015

SEMESTER: Alpha

COURSE CODE: PSY 112

CREDIT UNIT: 2

COURSE TITLE: History of Psychology

DATE: November 2014

TIME: 2hrs

INSTRUCTION: Answer Question 1 and any other 2

Question 1

Write short notes on the following:

- (i) Behaviorism
- (ii) Structuralism
- (iii) Gestalt Psychology
- (iv) Functionalism

30
marks

Question 2

(a) Describe 4 areas of specialization in psychology as a discipline.

10 marks

(b) Psychology is define as a study of human behavior and mental processes.

Discuss.

10 marks

Question 3

(A)

Discuss in details a psychological question that deals with psychological issues.

10 marks

(B) What is a Psychological investigation? Discuss three (3) methods of Psychological investigation.

marks

10

Question 4

(A)

Discuss elaborately why Psychology is different from Common Sense.

marks

10

(B) Compare and Contrast Functionalism School of thought and Behaviourism.

marks

10

Question 5

What is the importance of Psychology as a Science of human behavior and contribution to the study of Human development in the society.

20 marks



COVENANTUNIVERSITY

CANAANLAND, KM 10, IDIROKO ROAD
P.M.B 1023, OTA, OGUN STATE, NIGERIA.

TITLE OF EXAMINATION: B.SC PSYCHOLOGY EXAMINATION
COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES
SCHOOL: HUMAN RESOURCE DEVELOPMENT
DEPARTMENT: PSYCHOLOGY
SESSION: 2014/2015 SEMESTER: ALPHA
COURSE CODE: PSY 113 CREDIT UNIT: 2
COURSE TITLE: LEARNING THEORIES & PROCESSES
INSTRUCTION: ANSWER ALL QUESTIONS TIME: 1 HOUR, 15MINS.

1. Changes in _____ can be regarded as Learning. (a). Shape (b). Behaviour (c). Figure (d). Appearance
2. A stage of learning is arranged thus: (a). Retention, Recall & Acquisition (b). Acquisition, Retention & Recall (c). Retention, Acquisition & Recall (d). Acquisition, Recall & Retention
3. Based on the popular definition of learning, learning is incomplete without _____ (a). Change in behaviour (b). Education (c). Change in beauty (d). Learning.
4. The stage of learning where an organism is able to put on a new skill or behaviour is known as (a). Recall stage (b). Acquisition stage (c). Retention stage (d). Relearn stage
5. Maturation could aid learning but it's not learning (a) True (b) False
6. Learning acquired through observation and imitation of another person is known as (a). Vicarious learning (b). Rote learning (c). Trial and error (d). Habitual learning
7. Learning theory is classified into _____ groups (a). 4 (b). 5 (c). 3 (d). 6
8. Short term memory (STM) is also referred to as (a) Active memory (b) Passive memory (c). Strong memory (d).visible
9. Changes in height and weight could be called learning (a). True (b).Yes (c). Not Sure (d). False
10. In classical conditioning, the following object(s) was/were used (a). food (b). bell (c). meat powder, bell, and touch light (d). meat powder, bell and saliva
11. Another name for Respondent conditioning is known as (a). Operant conditioning (b). Classical conditioning (c).Instrumental conditioning (d). None of the above
12. Relatively short lived type of learning is known as (a). Road Learning (b). Rote Learning (c). Schematic Learning (d). Vicarious Learning
13. Operant conditioning is otherwise called _____ (a). Instrumental conditioning (b). Classical conditioning (c). Operant conditioning (d). Respondent conditioning
14. The critical element in classical conditioning is that the UCS and the _____ be closely associated in time (a). CS (b). CR (c). UCR (d). REM
15. Another name for associative learning is _____ (a). Habit learning (b). Operant learning (c).Behavioural learning (d).Observational learning

16. In _____conditioning, animal responds to their stimulus (a). Classical conditioning (b). Operant conditioning (c). Cognitive conditioning (d). Responder conditioning
17. A(n) _____ is a response that is similar or identical to the unconditioned response that comes to be elicited by a conditioned stimulus. (a). Unconditioned stimulus (b). Unconditioned response (c). Conditioned stimulus (d). Conditioned response
18. Ivan Pavlov first studied classical conditioning, but _____ popularized the idea that classical conditioning and other forms of learning were important to the development of our personalities in the United States. (a). B.F Skinner (b). John B. Watson (c). Albert Bandura (d). Karen Horney
19. Learning from the consequences of our behaviour is called _____ (a). Operant conditioning (b). Classical conditioning (c). environmental learning (d). cognitive learning
20. The more similar two stimuli are, the more likely the individual is to respond to them as if they were the same stimulus. This is termed _____ (a). Stimulus discrimination (b). General responding (c). Stimulus generalization (d). Stimulus conditioning.
21. The process of unlearning a learned response because of a change in the aspect of the environment that originally caused the learning is termed _____ (a). Repression (b). Forgetting (c). Extinction (d). terminating
22. _____ is a sudden change in behaviour that results from a recognition of previously seen relationships. (a) Insight (b) Modeling (c) Operant learning (d) Conditioning
23. Learning by observing the behaviour of others is termed _____ by Albert Bandura (a) stimulus discrimination (b) classical conditioning (c) operant conditioning (d) modeling
24. Theassumes that we humans have a three stage memory, which meets our need to store information for different lengths of time. (a) lateral processing theory of memory (b) stage theory of memory (c) psychoanalytic theory of memory (d) progressive theory of memory
25. The first stage of memory is the _____, which holds an exact image of each sensory experience for a very brief time until it can be fully processed. (a) short term memory (b) primary store (c) sensory register (d) initial memory store
26. The term _____ refers to an internal state or condition that activates and gives direction to our thoughts, feelings, and action. (a) cognition (b) incentive (c) motivation (d) physiology
27. _____ motives are related to the individual's happiness and well-being, but not to survival. (a) Primary (b) Hunger (c) Psychological (d) Tertiary
28. _____ motivation is the psychological need for success in school, occupation, and other situations.(a) Affiliation (b) Aggression (c) Acceptance (d) Achievement
29. Burrhus Frederic Skinner was highly influential as a/an (a). American psychologist (b). Russian psychologist (c). British Psychologist (d). Nigerian Psychology.
30. Ivan Pavlov lived between (a) 1849-1936 (b). 1894-1936 (c). 1849-1963 (d). 1836-1949
31. Ivan Petrovich Pavlov was born in Ryazan and was popularly known as a/an (a). American psychologist (b). Russian psychologist (c). British Psychologist (d). Nigerian Psychology.
32. B.F. Skinner died in the year _____ (a). 1980 (b). 1989 (c). 1991 (d). 1990

33. How are the UCR and CR related? (a).they alone elicit the CS and UCS. (b). they result from operant conditioning. (c). they are often the same behaviour. (d). they are not related at all.
34. A dog's salivation to the meat powder in Pavlov's laboratory was the (a). Unconditioned stimulus (UCS). (b). unconditioned response (UCR). (c).conditioned stimulus (CS). (d).conditioned response (CR)
35. The form of learning in which the consequences of behaviour lead to changes in the probability of its occurrence is known as (a). Pavlovian conditioning. (b).Classical conditioning. (c). counter conditioning. (d). operant conditioning.
36. The _____ is used to store information temporarily and think while holding information in "working memory." (a) short term memory (b) long-term memory (c) sensory register (d)primary store
37. Long-term memory is similar to short-term memory in terms of the way in which information is recalled, the reason forgetting occurs, and the form in which information is usually stored. (a) True (b) False
38. The reappearance of the conditioned response after sometimes even without reinforcement_____ (a). Spontaneous Recovery (b)Extinction (c) reinforcement (d) Contiguity
39. _____ is the weakening and eventual disappearance of a response because it is no longer reinforced. (a). Spontaneous Recovery (b). Contiguity (c). Extinction (d) Generalization
40. _____ helped to lay the scientific foundation of modern educational psychology (a). Ivan Pavlov (b). Edward Lee Thorndike (c). B.F. Skinner (d). B.L. Skinna
41. The work of E.L. Thorndike led to the theory known as _____ (a). psychodynamics (b). connectionism(c). conventionalism (d). professionalism
42. Throndike's analysis states that the behaviour that produces a desired effect will be _____ (a). dominant (b). weak (c). slow (d). forgotten
43. The law of _____ states that the more frequently modifiable connections between S-R are made, the stronger that connect will be. (a). disuse (b). abuse (c). use (d). effect
44. Law of Exercise can either be law of _____ and _____ (a). use and disuse (b). use and abuse (c). effect and readiness (d). use and difuse
45. When a modifiable connection between S-R is not made over a period of time, the strength of that connection is _____ (a). weak (b). strengthen (c). abuse (d). ready
46. Law of _____ascertains that a learner must be motivated and ready to learn. (a). use (b). readiness (c). effect (d). exercise
47. Organism's response in a variety of ways if the first response does not immediately lead to a more satisfying state of affairs is known as:_____ (a). multiple responses (b). excess behaviour (c). multiple elements (d). attitude.
48. Response by analogy is also known as _____ (a). law of transfer (b). theory of elements (c). law of use (d). theory of identical.

49. According to the law of connectionism, _____ is a function of the number of connections made. (a). intelligence (b). behaviour (c). attitude (d). action
50. The apparatus used in Thorndike's experiment is popularly known as _____ (a). puzzle box (b). puddle box (c). pazzle box (d). pezzle box
51. Gestalt means (a). Germs (b). Form (c). Shade (d). Convention
52. _____ defined remembering as the process of showing in the present responses some aspects of earlier learned responses. (a). Salami (1999) (b). Oladele (1998) (c). Gesinde (2014) (d). Tolman (1999)
53. The followings are Tolman's replacement for Thorndike's law of Effect except? (a). Law of motivation (b). Law of Emphasis (c). Law of Abstract (d). Law of Disruption
54. Gestalt psychologists originate from (a). Germany (b). Russia (c). America (d). Nigeria
55. Max Wolfgang was popularly known as a/an (a). American psychology (b). German psychology (c). British Psychologist (d). Nigerian Psychology.
56. The Adediran's newborn baby cries during the middle of the night. Mrs. Adediran picks up the baby and rocks it back to sleep. By the second night, the frequency of the baby's crying spells has actually increased. This increase is probably due to (a). Negative reinforcement (b). Punishment (c). Positive reinforcement (d). Counter conditioning.
57. Types of remembering include the following except _____ (a). Recognition (b). Recall (c). Reschedule (d). Relearning.
58. Negative reinforcement is another term for punishment. (a). True (b). False
59. The "nonsense syllables theory" of remembering and forgetting was propounded by _____ (a) Ebbinghaus (b) Ebiegbuna (c) Ebbginhur (d) Edward
60. When a young child applies himself in school because his parents give him financial rewards for good grades, the child develops what kind of motivation? (a) affiliation motivation (b) achievement motivation (c) extrinsic motivation (d) intrinsic motivation
61. Arranged from lowest order to highest order, Maslow's hierarchy of needs is (a) biological, safety, love/belonging, self-esteem, self-actualization (b) self-actualization, biological, safety, love/belonging, self-esteem (c) safety, biological, love/belonging, self-actualization, self-esteem (d) safety, biological, self-esteem, love/belonging, self-actualization
62. Social learning theories suggest what relationship between television and violence in children? (a) that violent tendencies are reduced through vicarious catharsis (b) that there is no evidence that viewing television violence makes children more violent (c) that violent tendencies cannot be learned simply by modeling observed behaviour of others (d) that viewing television violence increases violent play, and the rate of actual violence.
63. Behavioural therapies use primarilyin attempting to eliminate unwanted behaviours. (a) a search for unconscious motives (b) analysis of childhood experience (c) principles of learning (d) examination of unhappy thoughts
64. A student must take an unannounced quiz. The quiz consists of terms that must be defined in two to three sentences. What type of long-term memory retrieval is needed here? (a) Recall method (b) Recognition method (c) Relearning method (d) Serial method.

65. The method used to overcome short-term memory's limited life span that uses mental repetition is known as (a) Encoding (b) Chunking (c) Rehearsal (d) Paying attention
66. the first stage of memory that is designed to hold an exact image until it can be fully processed is known as.....(a) long-term memory (b) short term memory (c) sensory register (d) attention
67. The control mechanism that represents raw sensory information in a form so that it can be used in the next stages of memory is known as (a) encoding (b) rehearsal (c) retrieval (d) chunking.
68. You have memorized your parents' new phone number. When you prepare to dial their number, the information is held in (a) sensory storage (b) neutral memory (c) long-term memory (d) short-term memory
69. Innate reinforcer such as food and water that diminish a biological need are known as: (a) Primary Reinforcers (b) Secondary Reinforcers (c) reinforcer (d) rewards
70. An act of inflicting pains with a purpose of effecting better future is (a). Punishment (b). Reward (c). Reinforcement (d). Motivation

COVENANT UNIVERSITY

COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES

DEPARTMENT OF PSYCHOLOGY

2014/2015 ALPHA SEMESTER EXAMINATION

COURSE CODE: PSY114

COURSE TITLE: QUANTITATIVE METHODS IN PSYCHOLOGY

INSTRUCTION: ANSWER QUESTION 1 AND ANY OTHER TWO (2) QUESTIONS

TIME ALLOWED: 2HOURS

Question 1

1. Offer short answers to the following questions:

- i. State two reasons why we need *statistics*.
- ii. Differentiate between *sample* and *population*?
- iii. What is the difference between *dependent* and *independent* variable?
- iv. What is the difference between *quantitative* and *qualitative* methods of data analysis.
- v. Indicate 2 ways *primary data* can be obtained?
- vi. Indicate 2 ways *secondary data* can be obtained?
- vii. Explain the difference between *discrete and continuous data*
- viii. Illustrate *Semi-interquartile Range*
- ix. What is the difference between *Pie chart* and *histogram*?
- x. Draw an *ogive* and indicate where it is used in real life.

Question 2

Explain two quantitative methods of analyzing data in Psychology

b) The stock price of *Alpha Watch* from January to October 2014 is presented in the Table below:

Jan	Feb	March	April	May	June	July	Aug	Sept	Oct
N1.12	N1.50	N2.15	N3.80	N2.25	N3.90	N4.10	N3.85	N4.05	N4.15

Plot a line graph for this stock price distribution. Interpreting the graph, show how the information can be used to advise on investing in *Alpha Watch stock*.

Question 3

A researcher conducted an experiment on the efficacy of a new therapy which he claimed is meant to treat Acrophobia (an extreme or irrational fear of heights). There are 15 participants in the experiment. The average height where the participants exhibited Acrophobia before the treatment was 28ft. After the first day of two-week programme the researcher exposed the participants to height. The following are the heights where they exhibited Acrophobia;

85ft	34 ft	42ft	51ft	84ft	86ft	78ft	85ft	87ft	69ft	94ft	74ft	65ft	56ft	97ft
------	-------	------	------	------	------	------	------	------	------	------	------	------	------	------

- A. What is the new average height?
- B. What is the mode of the distribution?
- C. Calculate the median of the distribution?
- D. What is the score of the participant that is better than 80% in the sample?
- E. Calculate the inter-quartile range of the distribution?
- F. From the preliminary report, is the therapy effective? Give at least two reasons for your answer.

Question 4

Use the distribution below to answer question a-g

24	29	21	32	26	18	22	16	29	21	32	26	32	26	29
28	21	20	26	22	16	29	21	32	26	19	22	32	26	29
29	21	32	26	29	21	32	26	29	21	32	26	32	26	29
29	21	32	26	29	21	32	26	29	21	32	26	32	26	29
29	21	32	26	29	21	32	26	29	21	32	26	16	16	18
21	32	26	29	21	32	26	21	32	26	29	21	32	26	22
21	32	26	29	21	32	26	21	32	26	29	21	32	26	18
30	23	21	24	20	18	16	18	21	24	20	18	16	18	21

- A. Construct a cumulative frequency table with class size of 7
- B. Calculate the median of the distribution?
- C. Calculate the mean of the distribution?
- D. Calculate the variance of the distribution?
- E. Calculate the standard deviation of the distribution?

Question 5

(a) Use the table below to construct pie chart

Blood Group	O	A	B	AB
Frequency	16	24	30	4

(b) Arrange the following students according to their performance using standard score.

	Mean	Jane	Joy	Mike	Joe	Mary	John	Jude	Kate
English	73	71	78	80	78	78	80	72	76
Mathematics	74	78	71	78	76	76	76	80	72
Biology	79	72	76	71	80	80	71	71	71
Chemistry	80	76	80	76	71	72	72	76	80
Physics	70	80	72	72	72	71	78	78	78



COVENANT UNIVERSITY

**CANAANLAND, KM. 10, IDIROKO ROAD P. M. B. 1023, OTA,
OGUN STATE, NIGERIA**

TITLE OF EXAMINATION: B.Sc. EXAMINATION

COLLEGE: College of Leadership Development Studies

SCHOOL: Human Resource Development

DEPARTMENT: Psychology

SESSION: 2014/2015

SEMESTER: Omega

COURSE CODE: PSY 123

CREDIT UNIT: 2

COURSE TITLE: Basic concepts in Experimental Psychology

TIME: 2 HOURS

INSTRUCTIONS: Attempt ALL questions in SECTION A, only ONE [1] question in SECTION B and only ONE [1] Question in SECTION C.

SECTION A: Attempt all questions

1. A sampling technique in which the population is homogeneously divided based on a selection criteria is [a] Systematic random sampling [b] Stratified random sampling [c] Purposive [d] Snowballing
2. The extent to which research can be generalized to real-life situations is known as [a] convergent reliability [b] ecological validity [c] concurrent validity [d] consistent reliability
3. The obedience to authority experiment was carried out by [a] Milgram [b] Harlow & Harlow [c] Piliavin [d] Asch
4. When a participant is aware that he is being observed, he may react in an unnatural way to the observer. This is known as [a] reacting [b] reaction [c] reactive [d] reactivity
5. The odd/even method is a technique used for what type of sampling? [a] Systematic [b] Cluster [c] Simple random [d] Purposive
6. An experiment where either the experimenter or the participant is blind to the manipulation being made in an experiment, this is known as [a] blind-blind [b] either-blind [c] single-blind [d] control-blind
7. The sampling technique in which every member of the population has same/equal opportunity of being selected for research is [a] Cluster [b] Simple random [c] Probability [d] Non Probability
8. One of these usually consists of whole number units [a] discrete data [b] continuous variable [c] continuous data [d] discrete variable
9. A researcher accepted a hypothesis he should have rejected. What type of error has this researcher committed? [a] type I error [b] type IV error [c] type III error [d] type II error

10. When participants for a research are selected from the persons that are readily available, the sampling technique is called [a] Stratified random sampling [b] Purposive sampling [c] Non Probability sampling [d] Accidental Sampling
11. Two types of tests are frequently used to assess individual differences. They are [a] personality tests and achievement tests [b] personality tests and ability tests [c] personality tests and motivation tests [d] personality tests and aptitude tests
12. According to Malim & Birch (1992), an experiment that is conducted in a well-controlled environment is called [a] Laboratory experiment [b] Field experiment [c] Controlled experiment [d] Natural Experiment
13. An inverse relationship between the variables of study also means [a] parallel relationship [b] negative relationship [c] indirect relationship [d] positive relationship
14. The scientific process that works from the specific to general is called [a] Inductive [b] deductive [c] scientific process [d] research
15. The ability of science to accept conclusions with caution and allow openness for more findings within an area is [a] Empiricism [b] Precision [c] Testability [d] Skepticism
16. The extent to which the result of an experiment can be attributed to the manipulation of the independent variable rather than to some extraneous variable is referred to as [a] concurrent validity [b] content validity [c] internal validity [d] predictive validity
17. The study of the mind experienced advancement when Aristotle wrote a book called [a] De Anima [b] De Animal [c] De Anime [d] Principles of Psychology
18. When an experimenter consciously or unconsciously affects the results of the study, this is known as [a] experimenter influence [b] experimenter error [c] experimenter bias [d] experimenter effect
19. Experiments on temperature which found out that it was the condition of the temperature on the skin that determined the feeling we get from things was conducted by [a] Fechner [b] Muller [c] Helmholtz [d] Weber
20. The functions of theory are [a] explanation and organization [b] classification and explanation [c] organization and prediction [d] prediction and definition
21. The concept of psychophysics in psychology is introduced by [a] Fechner [b] Muller [c] Helmholtz [d] Weber
22. The hypothesis a researcher tries to reject is called [a] rejected hypothesis [b] alternative hypothesis [c] unwanted hypothesis [d] null hypothesis
23. An uncontrolled extraneous variable or flaw in an experiment is known as [a] flawed variable [b] subject variable [c] confound [d] control group
24. Pick out the odd option: [a] Cluster [b] Simple random [c] Stratified [d] Purposive
25. One of these is not a type of reliability [a] split-half reliability [b] parallel-forms reliability [c] testing reliability [d] inter-rater reliability
26. The scientific process that works from the general to specific is called [a] Inductive [b] deductive [c] scientific process [d] research
27. Frugal and economical use of words or lack of verbose statements makes science [a] Parsimonious [b] Replicable [c] Testable [d] Simple
28. The degree of consistency between two measures of same thing is [a] ecology [b] reliability [c] accuracy [d] validity
29. Who conducted series of experiments with monkeys and observed for mother-infant attachment? [a] Milgram [b] Asch [c] Malim & Birch [d] Harlow & Harlow
30. One of these refers to qualitative or quantitative attributes of a variable [a] hypothesis [b] data [c] theory [d] measurement

SECTION B: Answer ONE [1] Question ONLY from this section

1. [a] Do you think Psychology is a science? If yes, explain by describing with appropriate examples 7 Characteristics of science [14 Marks]
[b] Write short notes on the following:
 - i. Laboratory Experiment [1.5 Marks]
 - ii. Field Experiment [1.5 Marks]
 - iii. Naturalistic Experiment [1.5 Marks]
 - iv. Variables in an Experiment [1.5 Marks] [6 Marks]

2. To conduct an experiment, a Psychologist must first of all select a sample.
[a] Describe with appropriate and practical examples four probability sampling techniques highlighting one advantage and one disadvantage of each of them.

[b] Describe with appropriate and practical examples four non-probability sampling techniques highlighting one advantage and one disadvantage of each of them. [20Marks]

SECTION C: Answer ONE [1] Question ONLY from this section

1. The concept of measurement is critical to any kind of scientific research. What is Measurement? [2 marks]
Give detailed descriptions of the following:

[a] Properties of measurement [6 Marks]

[b] Scales/Levels of measurement [6 Marks]

[c] Types of measures [6 Marks] [20 marks]

2. A successful research/study begins with a careful identification of the variable[s] of study.
[a] What is a variable and what are the traits of a variable? [2 marks]
[b] Exhaustively describe the various types of variables. [18 marks]



COVENANT UNIVERSITY

CANAANLAND, KM. 10, IDIROKO ROAD P. M. B. 1023, OTA,
OGUN STATE, NIGERIA

MARKING GUIDE

SECTION A: Attempt all questions

1. B
2. B
3. A
4. D
5. C
6. C
7. C
8. D
9. A
10. D
11. B
12. A
13. B
14. A
15. D

- 16. C
- 17. A
- 18. C
- 19. D
- 20. C
- 21. A
- 22. D
- 23. C
- 24. D
- 25. C
- 26. B
- 27. A
- 28. B
- 29. D
- 30. B

SECTION B: Answer ONE [1] Question ONLY from this section

Questions	Expected Answers & Marks	Areas covered in the Course Compact
<p>1. [a] Do you think Psychology is a science? If yes, explain by describing with appropriate examples 7 Characteristics of science [14 Marks]</p> <p>[b] Write short notes on the following:</p> <ul style="list-style-type: none"> i. Laboratory Experiment ii. Field Experiment iii. Naturalistic experiment iv. Variables in an Experiment [6 Marks] 	<p>1. [A] Explanation of any 7 of the following: Skepticism, Empiricism, Precision, Parsimony, Predictability, Replicability, Testability, Falsifiability (2 Marks each for explaining 7 characteristics of science = 14 Marks).</p> <p>[B] Explanation of the following:</p> <ul style="list-style-type: none"> i. Laboratory experiment as an experiment conducted in a well-controlled laboratory. Where the IV is manipulated and the DV is observed and the secondary variables held constant. e.g. Milgram [1963, 1974] and Asch's [1958] experiment. ii. Field Experiment as an experiment conducted in the real world without variable manipulation but with the 	

	<p>experimenter taking the variation of the variables into account. e.g. Piliavin, Rodin and Piliavin [1969].</p> <p>iii. Naturalistic experiment as an experiment that occur in the natural setting with the experimenter just noting variations in the natural setting. e.g. Bowlby [1973].</p> <p>iv. Variables in an experiment: The independent variable, the dependent variable and the confounding variable. (1.5 Marks each for explaining the following: laboratory experiment, field experiment, naturalistic experiment and variables in an experiment = 6 Marks)</p> <p>14 Marks + 6 Marks = 20 Marks in all.</p>	
<p>2. To conduct an experiment, a Psychologist must first of all select a sample.</p> <p>[a] Describe with appropriate and practical examples four probability sampling techniques highlighting one advantage and one disadvantage of each of them.</p> <p>[b] Describe with appropriate and practical examples four non-probability sampling techniques highlighting one advantage and one disadvantage of each of them. [20Marks]</p>	<p>Describing with appropriate and practical example any four of the following probability sampling techniques highlighting one advantage and one disadvantage of each of them: Simple, Systematic, Stratified, and Cluster or area sampling.</p> <p>Describing with appropriate and practical example any four of the following non-probability sampling techniques highlighting one advantage and one disadvantage of each of them: Accidental Purposive, Quota, and Snowball sampling.</p> <p>2 Marks Each = 18 Marks</p> <p>2 Marks for Exceptionality = 20 Marks in all.</p>	

SECTION C: Answer ONE [1] Question ONLY from this section

Questions	Expected Answers & Marks	Areas covered in the Course Compact
<p>1. The concept of measurement is critical to any kind of scientific research. What is Measurement? [2 marks]</p> <p>Give detailed descriptions of the following:</p>	<p>1. Measurement is the process of observing and recording the observations that are collected as part of a research effort/Measurement is the process of assigning numbers to objects or observations/ Measurement in research is the process of assigning numerals to objects to represent quantities of characteristics according to certain</p>	

<p>[a] Properties of measurement [6 Marks]</p> <p>[b] Scales/Levels of measurement [6 Marks]</p> <p>[c] Types of measures [6 Marks]</p>	<p>rules.</p> <p>[a] Explanation of the following properties of measurement:</p> <p>Identity</p> <p>Magnitude</p> <p>Equal Unit Size</p> <p>Absolute Zero</p> <p>[b] Explanation of the following scales/levels of measurement:</p> <p>Nominal</p> <p>Ordinal</p> <p>Interval</p> <p>Ratio</p> <p>[c] Explanation of the following types of measures</p> <p>Self-report Measures</p> <p>Tests</p> <p>Behavioural Measures</p> <p>Physical Measures</p> <p>2 Marks for an accurate definition of measurement = 2 Marks</p> <p>[a] 1.5 Marks for each property of measurement mentioned and explained = 6 Marks</p> <p>[b] 1.5 Marks for each scale/level of measurement mentioned and explained = 6 Marks</p> <p>[c] 1.5 Marks for each type of measures mentioned and explained = 6 Marks</p>	
---	---	--

	2Marks + 18 Marks = 20 Marks in all.	
<p>2. A successful research/study begins with a careful identification of the variable[s] of study.</p> <p>[a] What is a variable and what are the traits of a variable? [2 marks]</p> <p>[b] Exhaustively describe the various types of variables. [18 marks]</p>	<p>2 (a). Definition of a variable (A variable is anything that varies or that can assume more than one value);</p> <p>2 traits of a variable – A variable should be exhaustive and the attributes of a variable must be mutually exclusive.</p> <p>(b) Explanation of the following:</p> <p>Discrete Variable</p> <p>Continuous Variable</p> <p>Independent Variable</p> <p>Dependent Variable</p> <p>Extraneous Variable</p> <p>Subject Variable</p> <p>Experimenter Variable</p> <p>Situational Variable</p> <p>Control Variable</p> <p>(a) 2 marks for a correct definition of a variable and description of the traits of a variable = 2 marks</p> <p>(b) 2 marks for each variable mentioned and explained = 18 marks</p> <p style="text-align: center;">2 Marks + 18 Marks = 20 Marks in all.</p>	



COVENANTUNIVERSITY

CANAANLAND, KM 10, IDIROKO ROAD

P.M.B 1023, OTA, OGUN STATE, NIGERIA

TITLE OF EXAMINATION: B.SC PSYCHOLOGY EXAMINATION

COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES

SCHOOL: HUMAN RESOURCE DEVELOPMENT

DEPARTMENT: PSYCHOLOGY

SESSION: 2014/2015

SEMESTER: ALPHA

COURSE CODE: PSY 126

CREDIT UNIT: 2

COURSE TITLE: INTRODUCTION TO COUNSELLING AND COUNSELLING SKILLS

INSTRUCTION: ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2) QUESTIONS

TIME: 2 HOURS.

- 1a. Define Counselling and Counselling Skills.
- b. Discuss Guidance services
- c. Guidance, Counselling and Psychotherapy are three terms that are often misused, explain 5 differences. (30marks)

2. The term “Practicum” is often used in helping professions, explain practicum in counseling, give five (5) reasons for counselling practicum and ten (10) responsibilities of practicum student. (20marks)

3. To be a successful counsellor, certain skills are needful. In the light of this, discuss the following skills:
 - i. Questioning skills
 - ii. Listening skills
 - iii. Reassurance skills
 - iv. Summarizing skills (20marks)

- 4a. Communication and counselling are two inseparable concepts, discuss. (b). Define communication, (c). Discuss the key elements of communication process, and (d) explain 4 barriers to effective communication. (20marks)

- 5a. Outline the stages of individual counselling.
- b. What are the merits and demerits of group counselling.
- c. Discuss five (5) human and material resources for effective counselling. (20marks)



MARKING GUIDE

SN	QUESTION	EXPECTED RESPONSE
1	<p>a. Define Counselling and Counselling Skills.</p> <p>b. Discuss Guidance services</p> <p>c. Guidance, Counselling and Psychotherapy are three terms that are</p>	<p>a. Counselling according to Olayinka (1993) is the process in which one person assists another person in a person to person or face to face encounter. This assistance may take many forms. It may be educational, vocational, social recreational emotional and or moral.</p> <p>Counselling Skills are ways or methods of counselling efficiently. Counselling skills can be divided into Basic skills and Supporting skills.</p> <p><u>Basic skills</u> are: - Relationship, Exploration, Understanding & Action Plan</p> <p><u>Supporting skills</u> comprises of: - Attending behaviour (eye contact, attentive body language, verbal following), Empathy, Warmth & Respect.</p> <p>(6marks)</p> <p>b. Guidance services</p> <p>i. Orientation service: provide help to every individual in a new environment in other to adjust to such environment effectively e.g. orientation programme organized for freshers in Covenant University and other institutions.</p> <p>ii. Information service: concerns itself with providing social, educational, occupational and psychological information to students, teachers, administrators, parents and the community.</p> <p>iii. Counselling service: is the main service which is designed to help students make self-analysis using their capabilities, achievements, interests, and personality traits as based for consequent actions or decisions.</p> <p>iv. Placement service: is designed to aid students achieve admission into a school of his/her choice, to get into an employment or to secure appropriate treatment for any of his/her disturbances.</p> <p>v. Appraisal service: aimed at helping students organize and acquire useful information about them so that they can make reasonable social, personal, educational and vocational choices from all possible alternatives.</p> <p>vi. Referral service: sees to the welfare of individuals that is, it involves providing the best services that are available around.</p> <p>vii. Follow-up service: is the procedure conducted to determine whether individuals are developing in their placement.</p> <p>(14marks)</p> <p>c. Differences between guidance, counselling and psychotherapy</p> <p>*Students are expected to explain the differences with focus on the followings:</p>

	often misused, explain 5 differences.	i. Service provider, ii. Location/setting, iii. Issued addressed, iv. Duration, v. client, vi. confidentiality, vii. Number of client *(2marks for each correct response - 5 responses = 10marks)
2	The term “Practicum” is often used in helping professions, explain practicum in counseling, give 5 reasons for counselling practicum and 10 responsibilities of practicum student.	<p>A practicum is a graduate level course, often in a specialized field of study (such as counselling, psychology etc), that is designed to give students supervised practical application of a previously or concurrently studied theory.</p> <p>•Counseling Practicum provide a supervised field experience which affords the graduate student an opportunity to continue skill development and to put into practice what has been learned in the academic setting. (5marks)</p> <p>Why Practicum?</p> <ul style="list-style-type: none"> •To prepare students to work within the role and function of the Professional Association with which they wish to be certified after graduation •To learn to establish and maintain therapeutic relationship. •To assist students in the integration of counselling theory and personal growth into effective clinical practice •To develop and reflect on their theoretical orientation. •To provide the student with the opportunity to experience a variety of issues, as presented by the client (5marks) <p>Responsibilities of the practicum student</p> <ul style="list-style-type: none"> •Adhering to the ACA Codes of Ethisc and Standards of Practice; •Conducting clinical intake interviews; •Videotape and/or audiotape of sessions is preferred unless site restrictions prohibit such; •Preparing for sessions; •Maintaining a client caseload; •Documenting all case information; •Participating in weekly group and individual supervision; •Observing other professionals; •Giving and receiving constructive and challenging feedback; •Participating in class meetings; and •Maintaining professional liability insurance. (10marks)
3	To be a successful counsellor, certain skills are needful. In the light of this, discuss the following skills: a. Questioning skills b. Listening skills c. Reassurance	<p>a. Questioning: this is a skill used to get information from the client. Questions are asked to the client whom certain information rests beneath the clients’ expression, therefore effective counsellor use questioning skills to enable client to provide necessary information. Questioning at certain times may become interrogative when done intensively. However, if used skillfully and sensitively, it is responsible for the exploration and clarification of facts and the feelings. There are two types of questioning;</p> <p>i. Open ended questioning are questions that require the client to express him/herself effectively. They enable the expression of the clients thought,</p>

<p>skills</p> <p>d. Summarizing skills</p>	<p>feelings, e.t.c. An open ended question enables the client converse efficiently. They usually begin with “what”, “how”, “why”, “when”, “where” e.t.c. Examples of open ended questions are “what happened that made him hit you?”, “how exactly did you get there” e.t.c.</p> <p>ii. Close ended questioning is a question that requires just a few words i.e. a yes or a no response. These are used when the counsellor requires particular or specific information from the client. They can be answered briefly; examples of answers to close ended questions are yes/no, true/false. Close ended questioning usually begins with “are”, “could”, and “is” e.t.c. This style of questioning is usually employed when a counsellor is in session with a child or a shy individual because such persons respond better to this style of questioning.</p> <p>b. Listening:</p> <ul style="list-style-type: none"> •The easiest way of describing listening skills is as a mirror image of expressive skills. They are the skills needed to help the other person make a clear and unthreatening statement of her own position. You... <ul style="list-style-type: none"> –give the other person your attention; –listen for understanding; –let the other person know what you think they said. •Good listening involves: <ul style="list-style-type: none"> –begins by acknowledging what has already been said; –and then agrees with what is specific and true; –and then perhaps enquires for more information. •This is an important skill in counselling, In the sense that we listen more and talk less. Listening not only receives sounds but also understand their meaning. Listening in tells hearing and memorizing words, observing body language and taking into account of a social and personal context of communication. Active listening is the most important skill in the aspect of helping relationship. In summary all I am saying is that there can only be hearing without listening and there cannot be listening without hearing. <p>c. Reassurance skills</p> <ul style="list-style-type: none"> •This is a skill by which a counsellor is able to raise the spirit of the client, put the client at ease, restore the confidence of the client, comfort of the client and this can be done when the client thinks that all is lost, the counsellor is meant to hit all of that and make the client see reasons why people say ‘when there is life there is hope’. Reassurance helps to reduce anxiety generated within the counselling relationship. Reassurance can be misused and an easy error is to offer false reassurance that is assuring your client of something that might or is not possible or the counsellor is not certain he/she is able to do it. <p>d. Summarization: is another important skill in counselling which involves the counsellor presenting together in entirety the clients’ verbal or non-</p>
--	---

		<p>verbal expressions back to the client in a brief rational, descriptive style. A summary could be done in two (2) ways;</p> <ol style="list-style-type: none"> Intermittent summarization is usually given during the counselling session, not essentially being at the close of the counselling session. Final summarization is given at the end of the counselling session. The counsellor closes the session with a summary of the clients' statement. <p>*Students are expected to explain the four skills and each correct response will earn 5marks (4x5=20marks).</p>
4	<p>a. Communication and counselling are two inseparable concepts, discuss.</p> <p>b. Define communication,</p> <p>c. Discuss the key elements of communication process, and</p> <p>d. Explain 4 barriers to effective communication.</p>	<p>a. Communication and counselling are inseparable because counselling is a talking therapy. There is no counselling without communication. In counselling, every concept of communication comes to play. Without effective communication in there cannot be effective counselling. (2marks)</p> <p>b. Communication comes from the Latin word “communicare” which literally means “to put in common”, “to share ”, communication involves a process whereby one person by the use of symbols (words, actions, gestures etc) get others to understand how he/she thinks and feels. Communication is a process by which information is exchanged between or among individuals through a common system of symbols, signs and behavior. (2marks).</p> <p>Key Element: 1. Sender, 2. Message, 3. Channel, 4. Receiver, 5. Interpreted meaning, 6. Feedback</p> <p>*Students are expected to explain minimum of 5elements and each correct response will earn 2marks (2x5=10marks).</p> <p>Barriers to effective communication: 1. Timing, 2. Channel selection, 3. feedback, 4. geographical distance, 5. personality and ego conflicts, 6. communication load, 7. lack of proper consultation.</p> <p>*Students are expected to explain any four barriers and each correct response will earn 1½ marks (1½ x 4 = 6marks).</p> <p>*Total: 2 + 2+10+6=20marks</p>
5	<p>a. Outline the stages of individual counselling</p>	<p>a. * Students are expected to briefly define individual counselling before outlining the stages.</p> <ol style="list-style-type: none"> Referral stage Establishment of emphatic relationship Counselling stage Termination of counselling relationship (verbal preparation, referral method and formal leave-taking Follow-up <p>*(1mark for every correct response - 5 responses = 5 marks)</p>

