



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

DIPLOMA IN NUTRITION HEALTH
(DNH 11M)

ANH 2303 : NUTRITION AND HEALTH COUNSELLING I

SPECIAL /SUPPLEMENTARY: EXAMINATIONS

SERIES: OCTOBER 2013

TIME: 2 HOURS

INSTRUCTIONS:

You should have the following for this paper

- *Answer booklet*

This paper consists of **FIVE** questions.

Answer Question **ONE (compulsory)** and any other **TWO** questions

This paper consists of 2 PRINTED pages

Question ONE

- a) Define the following terms
 - (i) Memory (2marks)
 - (ii) Maturity (2marks)
 - (iii) Psychology (2marks)
 - (iv) Counseling (2marks)
 - (v) Paraphrasing (2marks)
- b) State the practical skills to use in counseling (5marks)
- c) List FIVE factors contributing to learning and memory (5marks)
- d) (i) State FIVE barriers to learning in counseling (5marks)
(ii) List FIVE types of psychology specialization (5marks)

Question TWO

- a) Explain some of the personality characteristics important in job success (5marks)
- b) Explain the benefit of eye contact in counseling (5marks)
- c) Briefly explain different ways of learning (5marks)

Question THREE

- a) Briefly explain THREE types of personality (6marks)
- b) Explain common counseling mistakes occurring to a client (9marks)

Question FOUR

- a) Describe signs of immaturity (5marks)
- b) Briefly explain the concept of mind and matter in psychology. (5marks)
- c) Briefly explain how repetition enhance learning (5marks)

Question FIVE

- a) Briefly explain how sexuality affects our self concept. (5marks)
- b) Discuss guideline to problem solving (10marks)