



Technical University of Mombasa

Faculty of Business & Social Studies

DEPARTMENT OF LIBERAL STUDIES & COMMUNITY DEVELOPMENT

UNIVERSITY EXAMINATION FOR DEGREE OF BACHELOR
OF SCIENCE IN DEVELOPMENT STUDIES &
BACHELOR OF SCIENCE IN COMMUNITY HEALTH
(BSDS SEPT 2012 Y2 S2, BSCH JAN 2013 Y1 S2)

BDS 4213 : PERSONALITY DEVELOPMENT

SUPPLEMENTARY/SPECIAL EXAMINATIONS

SERIES: OCTOBER, 2013

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

- Answer *ALL* Questions in section *A*
- Answer *ONLY TWO* questions in section *B*
- This paper consists of *TWO* printed pages

SECTION A : (COMPULSORY) 30 MARKS

QUESTION 1

- (a) Briefly trace personnel development to the following historical periods:
- (i) Ancient Rome and Greece
 - (ii) Major religions
 - (iii) Western Traditions. (6 marks)
- (b) Differentiate between a weak-sense thinker and a strong-sense thinker. (4 marks)
- (c) Describe the body's physiological response to stress. (4 marks)
- (d) 'Self awareness promotes self management' analyze this statement citing relevant examples. (10 marks)
- (e) Enumerate the negotiation process giving relevant examples. (6 marks)

SECTION B: Answer any **TWO** questions from this section (40 marks)

QUESTION 2

- (a) You have been invited to talk to high school students on peer pressure. Write the speech you would deliver to the students, highlighting what peer pressure is and resistance skills/strategies. **(10 marks)**
- (b) Discuss **FIVE** stress management strategies that a manager can adopt to deal with stress at workplace. **(10 marks)**

QUESTION 3

- (a) Mr. Juma, a married man with teenage children, is a middle level manager in a construction company. His boss gives him a second warning and tells him to work on his anger management issues.
- (i) Assuming that you are talking to Juma's manager, explain why some people seem to get more angry than others. **(4 marks)**
- (ii) Suggest to Juma **FOUR** ways through which he could manage anger. **(8 marks)**
- (b) Describe the **FOUR** steps to problem-solving. **(8 marks)**

QUESTION 4

- (a) Social responsibility has a unifying effect. Describe social awareness and its influence on an individual. **(10 marks)**
- (b) Using relevant examples, briefly explain components of accurate self-assessment. **(10 marks)**

QUESTION 5

Miss Kadzo has been smoking for the last five years and would like to stop the habit.

- (a) How would you use operant conditionings to help Kadzo stop the habit **(12 marks)**
- (b) Critically analyze physiological and social consequences of smoking on an individual. **(8 marks)**