



**SCHOOL OF HUMAN & SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELING
ICM 056 T INTRODUCTION TO PSYCHOLOGY
END OF JANUARY 2018 SEMESTER EXAMINATION**

Instructions:

Questions ONE is **Compulsory**. Answer any other TWO questions from the choices provided.

Time: 2 hours

1. a. Outline five main goals of psychology (5 marks)
- b. Several schools of thought have helped to shape the field of psychology into what it is today. Explain any four of the schools. (8 marks)
- c. Name three parts of a neuron (3 marks)
- d. Explain two methods of research in psychology (4 marks)

2. a. Endocrine system is the system in which a number of glands secrete numerous hormones directly into the blood stream. Name three functions. (3 marks)
- b. Name five senses (5 marks)

- c. Citing examples describe the following key concepts.
 - i. Extinction (3 marks)
 - ii. Spontaneous recovery (3 marks)
 - iii. Generalization (3 marks)
 - iv. Discrimination (3 marks)

3. a. Mention four instances where shaping can best be used. (4 marks)

- b. Discuss six negative effects of punishment on children in Kenya today. (12 marks)
- c. List four types of punishments that parents and teachers use .

(4 marks)

4. a. Define observational learning

(2 marks)

b. Explain the four steps in observational learning

(8 marks)

c. Explain five benefits of sleep.

(10 marks)

5. a. Define memory

(2 marks)

b. Explain two strategies that you can apply as a student to improve your memory.

(8 marks)

c. With the use of a diagram explain Maslow's hierarchy of needs.

(10 marks)