



**SCHOOL OF HUMAN & SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY AND COUNSELING
PSY111X: INTRODUCTION TO PSYCHOLOGY (3 CREDIT HOURS)
END OF MAY 2018 SEMESTER EXAMINATION**

Instructions:

Questions ONE is **Compulsory**. Answer any other TWO questions from the choices provided.
Time: 2 hours

1. Vivian was orphaned 10 years ago and was brought up by her grandmother under very difficult circumstances of lack and abuse. She is a 20 year old in college and has recently been rejected by her boyfriend. In January she started feeling low in mood and was finding it difficult to get motivated to go to class. She no longer enjoys going out with friends and feels hopeless about the future. She went to the hospital and the doctor prescribed anti-depressants for her. She was also advised to seek counseling.
 - a) State five physical signs of depression. (5 marks)
 - b) Identify any five early childhood experiences which may be precipitating her depression after rejection by her boyfriend. (5 marks)
 - c) Explain five strategies of dealing with environmental stressors which may cause one to develop anxiety, depression and other psycho social problems. (10 marks)

2. A friend confides in you that he has trouble recalling information that he has read.
 - a) Describe two types of memory. (5 marks)
 - b) Describe five strategies that he can use to aid memory. (15 marks)

3.
 - a) Define the term limbic system (2 marks)
 - b) Differentiate between sensation and perception (6 marks)
 - c) Explain the four lobes of the brain (12 marks)

4. Citing examples, analyze five contemporary approaches that guide modern psychological research. (20 marks)

5. You are required to facilitate a session on anxiety to a group of peer educators and counselors attending training at Daystar University. Discuss five important themes you will include in your presentation. (20 marks)