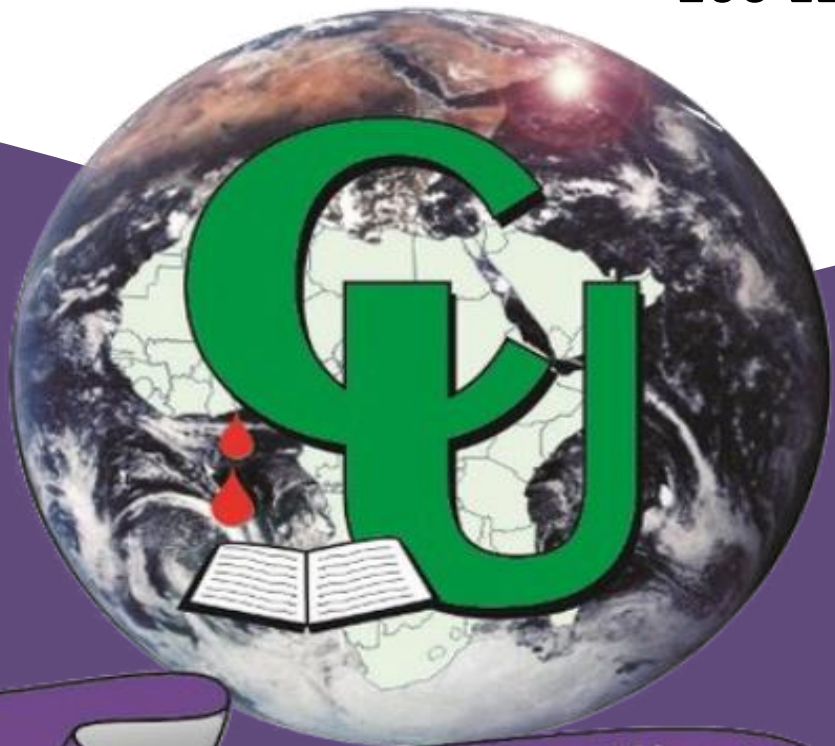


COVENANT UNIVERSITY

OMEGA SEMESTER TUTORIAL KIT
(VOL. 2)

PROGRAMME: PSYCHOLOGY

100 LEVEL



Raising A New Generation Of Leaders

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LIST OF COURSES

PSY123: BASIC CONCEPTS IN EXPERIMENTAL PSYCHOLOGY
PSY126: INTRODUCTION TO COUNSELLING SKILLS

***Not included**



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

DEPARTMENT: Psychology

SESSION: 2015/2016

SEMESTER: Omega

COURSE CODE: PSY 123

CREDIT UNIT: 2

COURSE TITLE: Basic concepts in Experimental Psychology

TIME: 2 HOURS

Section A: Multiple Choice Questions [30 Marks]

Instruction: Attempt **ALL** questions in this section. Each question carries 1 mark.

1. 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
2. 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
3. One of these usually consists of whole number units [a]discreet data [b]continuous variable [c]continuous data [d]discreet variable
4. 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
5. 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
6. Which of the following is not a recommended text for this course -----
[a.] Experimental Psychology 9th Edition [b.] Handbook of research methods in experimental Psychology [c.] Basic Experimental Psychology [d.] Doing Psychology Experiments
7. Which of the following authors wrote the Psychology Journal: "*Philosophische Studien*" [a.] Wilhelm Wundt [b.] Hugo Musterberg [c.] E. B. Titchener [d.] Gustav Fechner

8. In which of the following years did Wilhelm Wundt found the first Psychology Journal [a.] 1879 [b.] 1874 [c.] 1897 [d.] 1881
9. The era of the Brass Instrument Psychology studied one of the following [a.] Introspection [b.] Reaction time [c.] Questionnaires [d.] observing behaviour
10. Which of the following authored the seminal book now referred to as the “Columbia Bible?” [a.] Titchener [b.] Woolworth [c.] Woodworth [d.] Sanford
11. In which of the following years was the book considered as the first textbook of Psychology by Wilhelm Wundt written [a.] 1879 [b.] 1874 [c.] 1897 [d.] 1881
12. Which of the following is the main focus of the comparative psychology era? [a.] Introspection [b.] Reaction time [c.] Questionnaires [d.] Observing behaviour
13. Which of the following authored the seminal book “A Course in Experimental Psychology?” [a.] Titchener [b.] Woolworth [c.] Woodworth [d.] Sanford
14. Which of the following is the variable the experimenter wants to eliminate [a.] Independent [b.] Concomitant [c.] Measurable [d.] Dependent
15. The study of naturally occurring behavior often in the wild is referred to as-----[a.] Ethnology [b.] Ethnography [c.] Ethology [d.] Ethnogenesis
16. An inverse relationship between the variables of study also means [a]parallel relationship [b]negative relationship [c]indirect relationship [d]positive relationship
17. The functions of theory are [a]explanation and organization [b]classification and explanation [c]organization and prediction [d]prediction and definition
18. The hypothesis a researcher tries to reject is called [a]rejected hypothesis [b]alternative hypothesis [c]unwanted hypothesis [d]null hypothesis
19. One of these is not a type of reliability [a]split-half reliability [b]parallel-forms reliability [c]testing reliability [d]inter-rater reliability
20. One of these refers to qualitative or quantitative attributes of a variable [a]hypothesis [b]data [c]theory [d]measurement
21. Which of the following was the first person to refer to himself as a psychologist? [a.] Wilhelm Wundt [b.] Hugo Musterberg [c.] E. B. Titchener [d.] Gustav Fechner
22. A precise and rigorous self-examination or study of subjective experiences by oneself is referred to as-----[a.] Examination [b.] Psychologization [c.] Observation [d.] Introspection
23. Which of the following schools of psychology was of the opinion that the only thing worthy of studying about the mind is its structures? [a.] Functionalism [b.] Behaviourism [c.] Structuralism [d.] Cognitivism
24. Which of the following translated Wilhelm Wundt’s book into English [a.] Wilhelm Wundt [b.] Hugo Musterberg [c.] E. B. Titchener [d.] Gustav Fechner
25. Wilhelm Wundt in studying consciousness, broke down mental processes into -----[a.] 3 [b.] 4 [c.] 5 [d.] 6
26. Which of the following pioneered Industrial Psychology? [a.] Wilhelm Wundt [b.] Hugo Musterberg [c.] E. B. Titchener [d.] Gustav Fechner
27. Experimental Psychology started with the publication of the book “Elements of Psychophysics” by - ----- in 1860 [a.] Wilhelm Wundt [b.] Hugo Musterberg [c.] E. B. Titchener [d.] Gustav Fechner
28. Which of the following graduated the first female PhD holder in Psychology in America? [a.] Wilhelm Wundt [b.] Hugo Musterberg [c.] E. B. Titchener [d.] Gustav Fechner
29. Why was the era of brass instrument Psychology called: “Brass Instrument Psychology”? -----
30. What is reaction time? -----

Section B: Essay Type Questions
[40 Marks]

Instruction: Answer question **ONE** and **ANY OTHER** question from this section. All questions carry equal marks.

1. (a.) Anowi (2004, p. 2) defined science as: "... a body of systematized knowledge gathered through careful observation, or through measurement or sometimes through experimentation." From this definition, do you think Psychology is a science? (2 Marks)
(b.) Describe with appropriate examples 6 characteristics of science? (12 Marks)
(c.) As an experimental Psychologist, outline and briefly discuss the six steps you would take in conducting an experimental investigation? (6 Marks)

2. (i) Measurement experts claim that every measuring instrument should possess the quality of reliability.
[a] Describe Reliability? [2 Marks]
[b] Give a detailed explanation of types of reliability [8 Marks]

(ii) Succinctly explain the concept of:
[a] Naturalistic Observation [5 Marks]
[b] Experimental Observation [5 Marks]

3. 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]

4. (i) The concept of measurement is critical to any kind of scientific research. What is Measurement? [2 marks]

(ii) 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]



COVENANT UNIVERSITY

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

MARKING GUIDE

TITLE OF EXAMINATION: B.Sc. EXAMINATION

COLLEGE: College of Leadership Development Studies

DEPARTMENT: Psychology

SESSION: 2015/2016

SEMESTER: Omega

COURSE CODE: PSY 123

CREDIT UNIT: 2

COURSE TITLE: Basic concepts in Experimental Psychology

TIME: 2 HOURS

Section A: Multiple Choice Questions [30 Marks]

Instruction: Attempt **ALL** questions in this section. Each question carries 1 mark.

1. b
2. d
3. d
4. a
5. b
6. c
7. a
8. d
9. b
10. c
11. b
12. d
13. d
14. b
15. c
16. b

- 17. c
- 18. d
- 19. c
- 20. b
- 21. a
- 22. d
- 23. c
- 24. c
- 25. a
- 26. b
- 27. d
- 28. c
- 29. The era of brass instrument Psychology was called the era of brass instrument Psychology because the instruments used to study Psychology at that time was like brass instruments
- 30. Reaction time is the time it takes for an individual to react and the differences between individuals in reacting.

Section B: Essay Type Questions
[40 Marks]

Instruction: Answer question **ONE** and **ANY OTHER** question from this section. All questions carry equal marks.

Questions	Expected Answers & Marks
<p>1. (a.) Anowi (2004, p. 2) defined science as: "... a body of systematized knowledge gathered through careful observation, or through measurement or sometimes through experimentation." From this definition, do you think Psychology is a science?</p> <p>(b.) Describe with appropriate examples 6 characteristics of science?</p> <p>(c.) As an experimental Psychologist, outline and briefly discuss the six steps you would take in conducting an experimental investigation? (6 Marks)</p>	<p>1. [A] Psychology is defined as the scientific study of behavior and mental processes. In order to study behavior empirically, the precise and rigorous modality of science must be employed. Hence, we can rightly imply that the fact that psychology applies scientific methods through careful observation, measurement and experimentation is enough to consider it as a scientific discipline.[2 Marks]</p> <p>(b) 2 Marks each for appropriate description of any 6 of the following: Skepticism, Empiricism, Precision, Parsimony, Predictability, Replicability, Testability, Falsifiability (2 Marks each for explaining 6 characteristics of science = 12 Marks).</p> <p>(c) ½ Mark each for outlining and ½ Mark each for explain the following:</p> <p>Step 1. Formulating A Hypothesis</p> <p>Step 2: Selecting The Independent And Dependent Variables</p> <p>Step 3: Controlling Alternative Explanations For Variations</p> <p>Step 4: Manipulating The Independent Variable</p> <p>Step 5: Measurement And Analysis Of Fluctuation In The Dependent Variable</p> <p>Step 6: Drawing Conclusion About Relationships Between Variables</p>

	2 Marks + 12 Marks + 6 Marks = 20 Marks in all.
<p>2. (i) Measurement experts claim that every measuring instrument should possess the quality of reliability.</p> <p>[a] Describe Reliability? [2 Marks]</p> <p>[b] Give a detailed explanation of types of reliability [8 Marks]</p> <p>(ii) Succinctly explain the concept of:</p> <p>[a] Naturalistic Observation [5 Marks]</p> <p>[b] Experimental Observation [5 Marks]</p>	<p>(i)</p> <p>[a] Reliability is the consistency or stability of a measuring instrument/The degree of consistency between two measures of the same thing.</p> <p>[b] Explanation of the following: Test-retest reliability, Alternate-forms/Parallel-forms reliability, Split-half reliability, Inter-rater reliability</p> <p>(ii)</p> <p>[a] Naturalistic observation (aka field observation) involves watching people or animals in their natural habitats. It can be undisguised observation (participant/nonparticipant) or disguised observation (participant/nonparticipant)</p> <p>[b] Experimental observation (aka as laboratory/systematic observation) involves observing behaviour in a contrived/controlled setting, usually a laboratory, and focusing on a small number of carefully defined behaviours.</p> <p>2 marks for correct definition of reliability = 2 marks 2 marks for each type of reliability mentioned and explained = 8 marks 5 marks for detailed explanation of naturalistic observation = 5 marks 5 marks for detailed explanation of experimental observation = 5 marks</p> <p>10 Marks + 10Marks = 20 Marks in all.</p>
<p>3. 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] A variable is anything that varies or that can assume more than one value);</p> <p>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, Continuous Variable, Independent Variable, Dependent Variable, Extraneous Variable, Subject Variable, Experimenter Variable, Situational Variable, and Control Variable</p> <p>1 mark for correct definition of a variable and 1mark for the description of ttraits of a variable = 2 marks</p> <p>(b) 2 marks for each variable mentioned and explained = 18 marks</p> <p>2 Marks + 18 Marks = 20 Marks in all.</p>
<p>4. (i) The concept of measurement is critical to any kind of scientific</p>	<p>(i) Measurement is the process of observing and recording the</p>

<p>research. What is Measurement?</p> <p>(ii) Give detailed descriptions of the following:</p> <p>[a] Properties of measurement</p> <p>[b] Scales/Levels of measurement</p> <p>[c] Types of measures</p>	<p>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 rules.</p> <p>[a]Explanation of the following properties of measurement: Identity, Magnitude, Equal Unit Size, Absolute Zero</p> <p>[b]Explanation of the following scales/levels of measurement: Nominal, Ordinal, Interval, Ratio</p> <p>[c]Explanation of the following types of measures Self-report Measures, Tests, Behavioural Measures, 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> <p>2Marks + 18 Marks = 20 Marks in all.</p>
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COVENANT UNIVERSITY

CANAANLAND, KM 10, IDIROKO ROAD

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

TITLE OF EXAMINATION: B.SC PSYCHOLOGY EXAMINATIONS

COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES

DEPARTMENT: PSYCHOLOGY

SESSION: 2015/2016

SEMESTER: OMEGA

COURSE CODE: PSY 126

CREDIT UNIT: 2

COURSE TITLE: INTRODUCTION TO COUNSELING SKILLS

INSTRUCTION: ANSWER ALL THE QUESTIONS IN SECTION A AND ANY OTHER TWO (2) QUESTIONS IN SECTION B.

TIME: 2 HOURS.

SECTION A

1A. In America, _____, _____, and _____ were identified as the three prominent persons in the emergence of vocational guidance.

B. According to Parson, _____, _____, and _____ were three (3) major steps necessary in selecting a vocation and that an experienced counsellor could use to assist clients.

C. The genesis of guidance and counselling in Nigeria is dated _____.

D. _____ and _____ are the types of Family based Helping Systems.

For questions E – J fill in the gaps using any of the following terms:

Encouraging

Close ended

Clarification

Paraphrasing

Reflecting

Open ended

Focusing

Questioning

E. _____ is the expression of the meaning of a client statement or series of statement in different words.

F. _____ is the situation where by the counsellor has to lift up the spirit of the client.

G. _____ questioning enables the expression of thought and personal meanings.

H. The type of counselling skills that helps to do away with confusions of challenges, problems, issues which is by seeking a clearer understanding of the client's statement is _____.

I. The process of making the client knows that you understand what they feel or think and that you are with them is known as _____ skill.

J. The main function of _____ skill is to direct the client's conversational flow into the areas he wants. (30Marks)

SECTION B (ANSWER ANY TWO QUESTIONS)

2a. The concept of counselling and communication are inseparable. Discuss the two concepts and identify the key elements in communication.

b. Explain 4 barriers to effective communication. (20marks)

3a. Explain Individual and Group counselling with appropriate illustrations

b. Highlight 4 merits and 4 demerits of individual and group counselling (20marks)

4a. Describe counselling and counselling skills

b. Identify 10 rationales for counselling in Nigeria (20marks)

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



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

TITLE OF EXAMINATION: B.SC PSYCHOLOGY EXAMINATION

COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES

DEPARTMENT: PSYCHOLOGY

SESSION: 2015/2016

SEMESTER: OMEGA

COURSE CODE: PSY 126

CREDIT UNIT: 2

COURSE TITLE: INTRODUCTION TO COUNSELING SKILLS

COURSE COORDINATOR: DR. O.A. ADEKEYE

COURSE LECTURERS: DR. O.A. ADEKEYE AND DR. S.O. ADEUSI

MARKING GUIDE

SECTION A

1.

- A. i. Frank Parsons , ii. Jesse B. Davis, and iii. Clifford Beers (6marks)
- B. i. Individual Analysis, ii. Job Analysis and iii. True Reasoning (Matching Individual and Job) (6marks)
- C. 1959 (2marks)
- D. i. The One to One Approach and ii. the Group Support (4marks)
- E. Paraphrasing (2marks)
- F. Encouraging (2marks)
- G. Open ended (2marks)
- H. Clarification (2marks)
- I. Reflecting (2marks)
- J. Focusing (2marks)

SECTION B

SN	QUESTIONS	EXPECTED RESPONSES
2	a. The concept of counselling and communication are	a. Counselling is a helping relationship between a counsellor and client(s). Counselling and communication are inseparable because

	<p>inseparable. Discuss the two concepts and identify the key elements in communication.</p> <p>b. Explain 4 barriers to effective communication.</p>	<p>counselling is a talking therapy. There is no counselling without communication.</p> <p>In counselling, every concept of communication comes to play. Without effective communication in there cannot be effective counselling.</p> <p>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. (4marks).</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. Physical/Physiological barrier. 2. Timing, 3. System design. 4. Attitudinal barrier. 5. Individual Linguistic ability. 6. Channel selection, 7. Feedback, 8. Geographical distance, 9. Personality and ego conflicts, 10. Communication load, 11. Lack of proper consultation, 12. Ambiguity of words/phrases, 13. Cultural differences.</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 4+10+6=20marks</p>
3	<p>a. Explain Individual and Group counselling with appropriate illustrations.</p> <p>b. Highlight 4 merits and 4</p>	<p>a. * Students are expected to explain individual and group counselling.</p> <ul style="list-style-type: none"> - Individual counselling is a personal face to face relationship between two people, in which the counsellor by means of the relationship and his special competencies, provides a learning situation in which the counsellee, a normal sort of person, is helped to know himself and his present and possible future situations so that he can make use of characteristic and potentialities in a way that is both satisfying to himself and beneficial to society, and further, can meet future needs. (2marks) - Group counseling is a therapy format that approaches issues of personal growth through the use of interpersonal interaction-to interact with others to identify and understand our maladaptive patterns and how to change them (2marks) <p>b. Merits of Individual counselling</p> <ul style="list-style-type: none"> - Gives room for confidentiality

	<p>demerits of individual and group counselling</p>	<ul style="list-style-type: none"> - Allows total concentration and attention on client's need - Gives room for freedom of expression, releasing of inner feelings, emotions and experiences - Reveals the effectiveness of counselling programmes in resolving life problems - Reveals the technical-know-how of the counsellor - Reveals clients' uncooperative attitude <p>*(1mark for every correct response - 4 responses = 4 marks)</p> <p>Demerits of Individual counselling</p> <ul style="list-style-type: none"> - Time consuming - Energy consuming - Clients' uncooperative Attitude - Difficulty in the termination of counselling relationship <p>*(1mark for every correct response - 4 responses = 4 marks)</p> <p>ii. Merits of group counselling</p> <ul style="list-style-type: none"> - Time economical - Identification of others with similar problems - Development of interpersonal skills - Lessening of counsellor's workload - Clients could be of help and be helped <p>*(1mark for every correct response - 4 responses = 4 marks)</p> <p>Demerits of group counselling</p> <ul style="list-style-type: none"> - Breach of confidentiality - Difficulty associated with the selection of group members - Dangers of wrong placement - Unfit for certain categories of individual with certain personality characteristics. - Unfit for certain group of people <p>*(1mark for every correct response - 4 responses = 4 marks)</p>
4	<p>a. Describe counselling and counselling skills</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. (2marks)</p> <p>Counselling Skills are ways or methods of counselling efficiently. Counselling skills can be divided into Basic skills and Supporting skills. (2marks)</p> <p><u>Basic skills</u> are: - Relationship, Exploration, Understanding & Action Plan (3marks))</p> <p><u>Supporting skills</u> comprises of: - Attending behaviour (eye contact, attentive body language, verbal following), Empathy, Warmth & Respect, Questioning, paraphrasing etc. (3marks)</p>

	<p>b. Identify 10 rationales for counselling in Nigeria</p>	<p>b. Rationale for Counselling in Nigeria</p> <ul style="list-style-type: none"> • Expansion in the enrolment of pupils/students in primary and secondary schools. • The need for skilled work force • Automation in the world of work • Growing needs of youths in the country • Repeated changes in the education system • Medical situations i.e. anxiety, stress, worry, loneliness ... • Unrest in universities and other tertiary institutions • Problems of National; integration • Changes in homes and family life. • Problem of cultism. • Drugs & Alcohol • HIV/AIDS • Suicide Prevention • Absenteeism in workplaces • Domestic Disharmony <p style="text-align: right;">(10marks)</p>
5	<p>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>	<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>Reasons for 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 <p>(5marks)</p> <p>Responsibilities of the practicum student</p> <ul style="list-style-type: none"> •Adhering to the ACA Codes of Ethics and Standards of Practice; •Conducting clinical intake interviews; •Videotape and/or audiotape of sessions is preferred unless site restrictions prohibit such; •Preparing for sessions;

	<ul style="list-style-type: none">•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. <p>(10marks)</p>
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