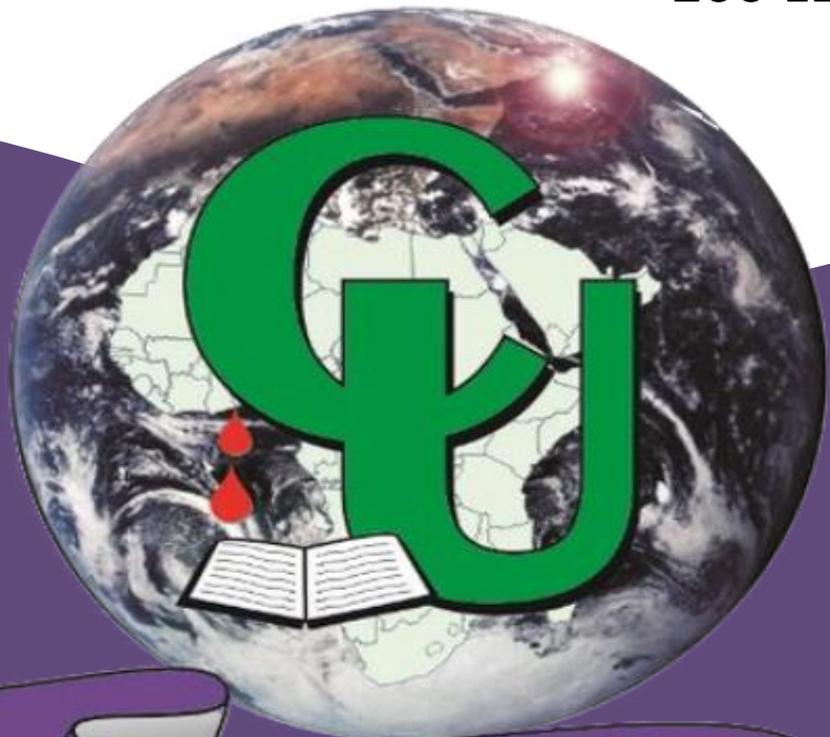


COVENANT UNIVERSITY

OMEGA SEMESTER TUTORIAL KIT
(VOL. 2)

PROGRAMME: PSYCHOLOGY

200 LEVEL



Raising A New Generation Of Leaders

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LIST OF COURSES

PSY223: DEVELOPMENTAL PSYCHOLOGY 2
PSY227: SPECIAL NEEDS AND COUNSELLING

***Not included**



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 223

CREDIT UNIT: 2

COURSE TITLE: DEVELOPMENTAL PSYCHOLOGY II

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

TIME: 2 HOURS.

SECTION A

- 1a. Identify the 3 stages of adulthood: _____; _____; _____.
- b. Douglas Kimmed (1990) suggests that the issue of time and midlife career assessment embodies a concept known as the _____.
- c. Enumerate 4 reasons for changing career: _____, _____, _____, _____.
- d. _____ is a group of people living together and functioning as a single household, usually consisting of parents and their children.
- e. The motive for marriage are numerous and diverse. Give 3 reasons: _____; _____; _____.
- f. _____ is the totality of somebody's attitudes, interests, behavioural pattern, emotional responses, social roles, and other individual traits that endure over long periods of time.
- g. _____ is a job or occupation regarded as a long-term or lifelong activity **or** It is somebody's progress in a chosen profession or during that person's working life.
- h. Highlight 4 Strategies of Improving Memory Abilities: _____; _____; _____; _____.
- i. Erickson postulated eight psychosocial stages of development. _____ represents the stage in middle adulthood.
- j. The branch of medicine that provides elderly individuals with health care and health related services is known as _____.

(30marks)

SECTION B

2a. Discuss the developmental tasks of a young adult as proposed by Havighurst?

b. List 4 Reproductive changes in middle adult women (20 marks)

3a. Death is inevitable, as a student of psychology, describe death?

b. Explain six (6) determinants of grief.

c. Discuss the process of grieving and the psychological healing process according to Phyllis Silverman (1989).

(20 marks)

4. Explain the following concepts: i. Crystallized intelligence; ii. Fluid intelligence; iii. Empty Nest

iv. Menopause and v. Thanatology (20 marks)

5a. Describe five indications that a person is dead.

b. According to Kubler-Ross, identify and discuss the stages of death. (20 marks)



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DEPARTMENT: PSYCHOLOGY

SESSION: 2015/2016

SEMESTER: OMEGA

COURSE CODE: PSY 223

CREDIT UNIT: 2

COURSE TITLE: DEVELOPMENTAL PSYCHOLOGY II

COURSE COORDINATOR: PROF. A.M. GESINDE

COURSE LECTURERS: PROF. A.M. GESINDE AND DR. S.O. ADEUSI

MARKING GUIDE

SECTION A

- a. Early (20-40) years; Middle (40-65) years; Late (65 and above)
- b. Career clock.
- c. - Boredom/Tediousness/Burnout; - Better pay/remuneration, - No challenge(s); - Excessive use of authority/poor employer-employee relations; - Status accorded to work or job; - Excessive demands and expectations of employer; - Sexual harassment; - Unemployment; - Vocational inequality; - Family related reasons (divorce, death of spouse, departure of the last child from home)
- d. Family
- e. Love; - Companionship; - Conformity; - Legitimization of Children; - Sense of Readiness; -Legal Benefits
- f. Personality
- g. Career
- h. - Strive for mental organization; - Use practice and reinforcement; - Don't give yourself the chance to forget; - Use Imagery; - Device prompts to help you remember; - Avoid fatigue; - Exercise
- i. Generativity Vs Stagnation

j. Geriatrics

***(20 responses in all to be awarded 1^{1/5} marks each = 30marks)**

SN	Questions	Expected Response
2	<p>Discuss the developmental tasks of a young adult as proposed by Havighurst?</p> <p>b. List 4 Reproductive changes in middle adult women</p>	<p>a. *8 responses to attract 2marks each = 16marks</p> <ul style="list-style-type: none"> - Courting and selecting a mate for marriage. - Learning to adjust to, and living harmoniously with, a marriage partner. - Beginning a family and assimilating the new role of parent. - Rearing children and meeting their individual needs. - Learning to manage a home and assuming household responsibilities - Embarking on a career and or continuing one's education. - Assuming some type of civic responsibility. - Searching for a congenial (agreeable/friendly) social group. <p>b. * Any 4 correct answer attracts 4marks (ie. 1 mark each)</p> <ul style="list-style-type: none"> - Women's cycles shorten and become more irregular. - More ova are defective - Reproductive organs shrink in size, - There is less lubrication to enable enjoyable sex - Sexual stimulation is more difficult. - Estrogen no longer slows the accumulation of plaque on the arteries, increasing risk of heart disease. Some of the symptoms are hot flashes, sweating and discomfort, insomnia, mood swings and irritability, as well as cognitive deficits.
3	<p>a. Death is inevitable, as a student of psychology, describe death?</p> <p>b. Explain six (6) determinants of grief.</p> <p>c. Discuss the process of grieving and the psychological healing process according to Phyllis Silverman</p>	<p>a. Death the act or process of ceasing to live, ending, or drawing to a close or is the termination of the biological functions that sustain a living organism. (2 marks)</p> <p>b. Determinants of grief:</p> <ul style="list-style-type: none"> - Who the person was - The depth of the attachment - The Strength of the attachment - The mode of death - Historical antecedents - Personal variables - Social variables - Concurrent stresses e.t.c. (* 2marks 2ach x 6 = 12 marks) <p>c. Phyllis Silverman (1989), the process of grieving and the psychological healing process follow a chronology of three stages: impact, recoil, and accommodation.</p> <ul style="list-style-type: none"> - Impact Stage: here, many experience numbness, experience a sense of disbelief and behaviour becomes still and robotlike.

	(1989).	<p>- Recoil Stage: during this stage, numbness will begin to lessen, full realization of the loss, review of circumstances that led to the loss – self blaming thoughts, etc will be experienced by the survivor.</p> <p>- Accommodation Stage: during this stage, the survivor discovers new ways of looking at the world. Feelings become less intense and pervasive, however, creating a different perspective on the experience. At this stage, survivor learns that he/she can still be happy again that their are things worth living for, remember the loss without worrying or becoming frightened and or uncomfortable about it. (2 marks each = 6 marks)</p>
4	<p>Explain the following concepts:</p> <p>i. Menopause ii. Crystallized intelligence; iii. Empty Nest iv. Retirement v. Fluid intelligence vi. Thanatology vii. Gerontology viii. Geriatrics</p>	<p>i. Menopause: end of menstruation - the time in a woman's life when menstruation diminishes and ceases, usually between the ages of 45 and 50</p> <p>ii. Crystallized intelligence: refers to skills that depend on accumulated knowledge, experience, good judgment, and mastery of social conventions. These skills are acquired because they are valued in our culture. These are tested by vocabulary tests, general information tests, verbal analogies, logical reasoning tests. This type of intelligence increases through middle adulthood, as adults are always adding to their knowledge and skills at work and in leisure activities. They are practiced daily.</p> <p>iii. Empty Nest: Empty nest or chair syndrome simply refers to the period of adjustment for parents after all children left home. This period is supposed to be the best period for the couple that have envisaged and prepared for it.</p> <p>iv. Retirement: Retirement means the end of formal work and the beginning of a new role in life, one that involves behavioural expectations and a redefinition of self. *Ransom, Sutch and Williamson (1991)define retirement as moving from an economically productive role, which is clearly defined, to an economically unproductive role, which is often vague and ambiguous.</p> <p>v. Fluid intelligence: represents basic information-processing skills- the ability to detect relationships among stimuli, speed with which we analyze information, the capacity of working memory. This supports reasoning, abstraction, and problem solving. It is more inherited than culturally trained. These skills are tested by number series tests, spatial visualization, picture sequencing. This type of intelligence declines in the 20s.</p> <p>vi. Thanatology: field or the study of death and dying</p> <p>vii. Gerontology: the study of old age</p> <p>viii. Geriatrics: the study of the diseases in old age.</p> <p>*(2.5marks each x 8 = 20marks)</p>
5	<p>a. Describe five indications that a person is dead.</p>	<p>a. . - Cessation of breathing</p> <ul style="list-style-type: none"> - No Pulse (Cardiac arrest) - Pallor mortis (paleness which happens in the 15-120 minutes after death) - Livor mortis (a setting of the blood in the lower portion of the body) - Algor mortis (the reduction in the body temperature following death). This is generally a steady decline until matching ambient temperature. - Rigor mortis (the limbs of the corpse become stiff and difficult to move or manipulate) - Decomposition (the reduction into simpler forms of matter and accompanied

	<p>b. According to Kubler-Ross, identify and discuss the stages of death.</p>	<p>by a strong unpleasant odour). - Released bowels (bodily fluids and solids, excrete from the corpse). *Students are expected to describe 5points (2marks each = 10marks)</p> <p>b. Kuber-Ross stages of death: - Denial - Anger - Bargaining - Depression - Acceptance * Students are expected to explain in detail the above points. (2marks each = 10marks)</p>
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COLLEGE: COLLEGE OF LEADERSHIP DEVELOPMENT STUDIES

DEPARTMENT: PSYCHOLOGY

SESSION: 2015/2016

SEMESTER: OMEGA

COURSE CODE: PSY 227

CREDIT UNIT: 2

COURSE TITLE: SPECIAL NEEDS AND COUNSELLING

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

TIME: 2 HOURS.

SECTION A

1a. The type of eye problem where the image of a nearby object is formed behind the retina either because the eye is too short or the cornea or crystalline lens does not refract the light enough is _____.

b. The device which picks up sound and magnifies it is known as _____.

c. The Learning Disabilities in language is known as _____.

d. The degree of mental retardation with IQ range of 30 – 50 is referred to as _____.

e. According to World Health Organization, _____ is simply refers to a very marked low level of intellectual abilities.

f. The description of an adult with mental age below 3 years which results in severe limitation in self-care, continence, communication and mobility could be tagged _____ level of mental retardation.

g. The performance of an individual on a _____ scale will determine the status of his or her vision (sight).

For questions 1h – o, fill in the gaps using any correct option in the box:

Pro bono contrico	Disability	Deafness	Exceptional
Convex	Myopia	Impairment	Hypermyopia
Conductive	Special	Hard hearing	Concave
			Pro bono public

- h. The word _____ implies that “Counsellors are encouraged to contribute to society by devoting a portion of their professional activity to services for which there is little or no financial return”.
- i. The people called _____ differ from the norm either below or above to such an extent that they require an individualized program of special education and related services to fully benefit from education.
- j. _____ refers to the loss or reduced function of a particular body part or organ.
- k. A _____ exists when an hindrance limits a person’s ability to perform certain tasks
- l. _____ occurs when the individual cannot hear a spoken word, sometimes even with the help of hearing aid.
- m. _____ deafness are caused by diseases or obstructions in the outer or middle ear (the pathways for sound to reach the inner ear).
- n. _____ is the term used to define short sightedness
- o. The Error of refraction known as short sightedness can be corrected by the use of a _____ lens.

SECTION B

- 2a. Describe the concept of Special education and its history in Nigeria.
 b. Discuss five (5) causes of handicapping conditions. (20marks)
- 3a. Explain five (5) factors that can influence the attitude of Parents with special children
 b. Examine five (5) needs of an exceptional child (20marks)
4. Elucidate the concept of mental retardation and from three major perspectives (physical, educational and social). List a minimum of five characteristics or signs of mental retardation. (20marks)
5. Using the following parameters: definition or types, causes, characteristics, problems encountered and management, describe the homosexuals and the visually impaired populations. (20marks)



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MARKING GUIDE

SECTION A

- 1a. Hypermetropia/Long sightedness
- b. Hearing aid
- c. Aphasia/Dysaphapia
- d. Trainable or Moderate (mental retardation)
- e. Mental retardation
- f. Profound/Imbeciles (Dependent)
- g. Snellen Scale
- h. Pro bono public
- i. **Exceptional**
- j. Impairment
- k. Disability
- l. Deafness
- m. Conductive
- n. Myopia
- o. Concave

*** 2marks for every correct response ie. 2 x 15correct responses = 30marks**

SECTION B

SN	QUESTIONS	EXPECTED RESPONSES
2	a. Describe the concept Special education and the history in Nigeria context.	<p>Special education is the education of students with <u>special needs</u> in a way that addresses the students' individual differences and needs. Also, Special Education is a term used to describe the supports and programs for students who need extra support to allow them to be successful in school. *2marks</p> <p>Two eras have been identified in the development of provision for persons with special needs in Nigeria (7). The <u>first is the humanitarian/missionary era (1945-1970)</u> during which, provision of services was dominated by private voluntary organisations (PVOs) and private individuals.</p> <p>During this era, religious bodies (mostly Christian) were the driving force behind establishing and maintenance of services and programmes for children and adults with handicaps. During this era, the attitude of the Government was somehow lackadaisical, in matters concerning persons with disabilities. *3marks</p> <p>The <u>second was the social service era</u> which was the development of service. The country witnessed a significant contribution from the government, in terms of commitment as well as inputs and there was a relegation of the PVOs and private individuals to the background. *3marks</p> <p>This era which commenced immediately after the civil war that ravaged the country for three years, also was the commencement of the system of Universal Primary Education (UPE) and the eventual takeover of all schools (including special schools) established by PVOs and individuals. There was also the commencement of training programmes for special teachers. The following institutions were either established or commenced programmes in special education:</p> <ol style="list-style-type: none"> 1. University of Ibadan started the Diploma in special education in 1974 and a Bachelor's programme in 1976 (9). 2. University of Jos started the Bachelor's programme in special education in 1977 and Master's in 1978. 3. The Federal Advanced Teachers College, Special (FATC), was established by the federal government in 1977. The college, now known as Federal College of Education, Special remains the only college of special education in the whole of black Africa. <p>It was also during the social service era that in 1977, the National Policy on Education (NPE) was released. The release of this policy was a significant turning point in Nigeria's special education programme. *2marks</p>

	b. Discuss five (5) causes of handicapping conditions	<p>b. *Students are to discuss any five (5) of the followings:</p> <ul style="list-style-type: none"> - Genetic hazards (e.g. Down syndrome, Klinefelter syndrome, Turner e.t.c.), - Prenatal & postnatal factors - Negative stress situation - Accident - War - Illetracy - Forceps of delivery - Poor hygienic conditions - Malnutrition - Sexually transmitted diseases - Maternal age - Diseases - Tuberculosis - Maternal emotion - Arm conflict - Exposure to toxic chemicals - Poliomyelitis - Prolonged labour e.t.c *2marks each =10 marks <p>*Total = 20marks</p>
3	<p>a. Explain five (5) factors that can influence the attitude of Parents with special children</p> <p>b. Examine five (5) needs of an exceptional child</p>	<p>a. *Students are expected to explain the following parental attitude:</p> <ul style="list-style-type: none"> - Psychologically - Socially - Culturally - Economically - Religiously e.t.c. <p>Existing studies reveal that very often the parents have a negative attitude towards their child with disabilities. The parents are plagued with feelings of pessimism, hostility, and shame. Denial, projection of blame, guilt, grief, withdrawal, rejection, and acceptance are the usual parental reactions. Some parents also experience helplessness, feelings of inadequacy, anger, shock and guilt whereas others go through periods of disbelief, depression, and self-blame. *2marks each =10 marks</p> <p>b. * Students are to examine any five (5) of the followings:</p> <ul style="list-style-type: none"> - Psychological needs - Social needs Educational/career/vocational needs - Economic needs - Communication needs - Personal needs - Health needs - Counselling needs e.t.c. *2marks each =10 marks <p>*Total = 20marks</p>
4	Elucidate the concept of mental retardation and from three major perspectives (physical, educational and social), list a	Mental retardation is usually referred to as a very marked low level of intellectual ability. This also accompanied by inappropriate behaviours. Mentally retarded children possess IQs (Intelligence Quotients) ranging from 0-80

	<p>minimum of five characteristics or signs of mental retardation.</p>	<p>There are three major degrees of mental retardation:</p> <ul style="list-style-type: none"> ○ Educable – IQ ranging from 50-80 ○ Trainable - IQ ranging from 30-50 ○ Imbeciles (dependent) - IQ ranging from 0-30 <p>*5marks</p> <p><u>Physical Characteristics</u> (1) The head could be unusually big or small, (2) The body could be too short or too long, (3)The legs and hands may be too short or too long, (4) They sometimes look very small for their age, (5) Dry skin, (6) The head may be flat or pointed (7) Enlarged tongue (8) Slanted eyes *5marks</p> <p><u>Educational</u> Mentally retarded children are: (1) easily distracted, (2) get easily frustrated, (3)experience language difficulties, (4) remain helpless and passive when faced with difficulties, (5) are unable to make use of previous learning, (6) learn very little from classroom activities *5marks</p> <p><u>Social</u> Mentally retarded children are: (1) usually withdrawn, (2) impulsive- they act without thinking, (3) engage in activities that are not purposeful, (4) sometimes play alone, (5) are always repeating what someone says to them, (6) are emotionally unstable – one minutethey are happy and another minute they are sad. *5marks</p> <p>*Total = 20marks</p>
5	<p>Using the following parameters: definition or types, causes, characteristics, problems encountered and management, describe the homosexuals and the visually impaired populations.</p>	<p>i. Homosexuals- <u>Definition/Types:</u> -</p> <ul style="list-style-type: none"> - Gay - Lesbian *2marks <p><u>Causes-</u> Child abuse, peer pressure, *2marks</p> <p><u>Characteristics</u> - love/passion for same sex *2marks</p> <p><u>Problem</u> –</p> <p><u>Management</u> – Behaviour Modification Techniques *2marks</p> <p>ii. Visual Impairment- <u>Definition/Types:</u></p> <ul style="list-style-type: none"> - visual handicap: blindness, low vision, partial sight or - errors of refraction: Short sight-myopia, long sight- hypermetropia,

		<p>astigmatism-blurred vision) *2marks</p> <p><u>Causes</u>- venereal diseases, premature birth, measles, hereditary factor, accident involving the eyes, climatic conditions, poor nutrition, cataracts, bites from black flies resulting in river blindness *2marks</p> <p><u>Characteristics</u> - confuse letters and words which look similar, cover or shield one eye while reading, skip letters, words, lines while reading, poor eye and hand coordination e.t.c *2marks</p> <p><u>Problem</u> –Movement or mobility, Adjustment, Acquisition of experience</p> <p><u>Management</u> – Provision for tape recorder, Perkins braille or writing frame, mobility cane e.t.c. *2marks</p> <p>*Total = 20marks</p>
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