

**THE UNITED REPUBLIC OF TANZANIA  
NATIONAL EXAMINATION COUNCIL OF TANZANIA  
DIPLOMA IN SECONDARY EDUCATION EXAMINATION**

761

**EDUCATIONAL PSYCHOLOGY, GUIDANCE AND  
COUNSELING**

**Time: 3 Hour.**

**ANSWERS**

**Year: 2001 p.m**

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**Instructions**

1. This paper consists of sections A, B and C.
2. Answer **all** questions in sections A, two questions in section B and two questions from section C.
3. Cellular phones and other unauthorized materials are **not** allowed in the examination room.
4. Write your **Examination Number** on every page of your answer booklet(s).

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1. What is the meaning of the term learning?

Learning is the process through which an individual acquires new knowledge, skills, attitudes, or behaviors as a result of study, experience, or teaching. It leads to a relatively permanent change in behavior or understanding.

It involves both the absorption of new information and the ability to apply it in various situations. Learning can occur through different methods such as observation, practice, experimentation, and formal instruction.

It is a continuous process that takes place throughout life and can be intentional, like in formal education, or unintentional, through daily life experiences.

2. Outline any four branches of psychology.

Educational psychology focuses on understanding how people learn and the best ways to teach them effectively in different educational settings.

Clinical psychology deals with diagnosing and treating mental, emotional, and behavioral disorders in individuals.

Developmental psychology studies the physical, cognitive, and social changes that occur throughout a person's lifespan.

Social psychology examines how individuals' thoughts, feelings, and behaviors are influenced by social interactions and group dynamics.

3. Differentiate retrieve from recall.

Retrieve is the general process of accessing stored information from memory when it is needed, whether consciously or unconsciously.

Recall is a specific form of retrieval that requires bringing information into conscious awareness without external cues, such as answering a question from memory.

The key difference is that retrieval can include recognizing information when presented with it, while recall depends solely on memory without prompts.

4. State two factors that can influence moral development in children.

Family upbringing plays a crucial role, as children often adopt the values, beliefs, and moral standards they observe and are taught by parents or guardians.

Peer influence also affects moral development, as children may adapt their moral choices to fit in with friends or respond to social pressure in group situations.

5. Mention four advantages of transfer of learning.

It saves time in learning new tasks because previously learned skills can be applied directly to new situations.

It increases confidence, as learners realize they can use prior knowledge to succeed in unfamiliar areas.

It improves problem-solving abilities by enabling learners to use past experiences to approach new challenges.

It makes learning more meaningful by creating connections between different subjects and real-life situations.

6. Write short notes on the term “continuous schedule”.

A continuous schedule is a reinforcement pattern where a desired behavior is rewarded every time it occurs.

It is useful for establishing new behaviors quickly because the learner receives immediate and consistent feedback.

However, behaviors learned under a continuous schedule are more prone to extinction if reinforcement stops, as the learner quickly notices the absence of rewards.

7. Define the term socialization.

Socialization is the lifelong process by which individuals learn and internalize the norms, values, behaviors, and social skills necessary to participate effectively in society.

It begins in early childhood through interactions with family and continues through schooling, peer relationships, and community involvement.

Socialization shapes an individual's personality, beliefs, and ability to function within cultural and societal expectations.

8. Mention three stages of human development during pre-natal development.

The germinal stage occurs during the first two weeks after conception, involving fertilization and implantation of the zygote.

The embryonic stage spans from the third to the eighth week, during which major organs and structures begin to form.

The fetal stage starts from the ninth week until birth, characterized by growth, maturation, and preparation for survival outside the womb.

9. Outline three strategies that a teacher can use to improve learners' memory.

Using repetition and practice helps reinforce information, making it more likely to be stored in long-term memory.

Organizing information into meaningful categories or patterns makes it easier for learners to remember and retrieve later.

Incorporating visual aids and real-life examples enhances understanding and memory retention by engaging multiple senses.

10. What does "Acceleration" mean as far as diversity in learning is concerned?

Acceleration in learning refers to allowing students, especially those who are gifted, to move through the curriculum at a faster pace than usual.

It can involve skipping grades, taking advanced courses earlier, or engaging in enrichment programs that match the learner's abilities.

The goal of acceleration is to provide appropriate challenges and prevent boredom, ensuring that learners remain motivated and engaged.

11. Assess the use of reinforcement in teaching and learning activities by providing three advantages and three disadvantages.

One advantage is that reinforcement increases the likelihood of desired behaviors being repeated, helping to shape positive learning habits.

Another advantage is that it provides immediate feedback, which can motivate students to continue performing well.

It can also help maintain discipline in the classroom by encouraging behaviors that support a productive learning environment.

A disadvantage is that over-reliance on reinforcement may make students dependent on rewards rather than developing intrinsic motivation.

Another disadvantage is that if reinforcement is not applied consistently, it may lose its effectiveness or cause confusion.

In some cases, reinforcement may encourage competition instead of cooperation, leading to tension among students.

12. Explain four causes and four general characteristics of mental retardation.

One cause is genetic disorders such as Down syndrome, which affect brain development.

Another cause is prenatal exposure to harmful substances like alcohol or certain drugs, which can impair mental growth.

Poor nutrition during early development can also lead to mental retardation by affecting brain function.

Injuries or illnesses during childhood, such as meningitis or head trauma, can damage cognitive abilities.

One characteristic is below-average intellectual functioning, often measured by an IQ score below 70.

Another characteristic is delayed development in areas such as language, self-care, and social skills.

Individuals may also show difficulty in problem-solving and abstract thinking.

They may require support in daily living activities throughout their lives.

13. Discuss four reasons for setting specific objectives of a lesson in Educational Psychology, Guidance and Counselling.

Specific objectives give clear direction to both teacher and learners, ensuring that everyone knows the expected outcomes.

They provide a basis for selecting teaching methods and materials suited to the intended learning goals.

They help in measuring learning progress and evaluating whether the desired results have been achieved.

Specific objectives also motivate learners by giving them clear targets to work towards during the lesson.

14. Examine six uses of labelling in designing and providing special education.

Labelling helps in identifying students with special needs so that they can receive appropriate support and resources.

It enables teachers to adapt teaching strategies to meet the specific requirements of each learner.

Labelling allows schools to allocate resources effectively, ensuring that specialized materials and staff are available.

It assists in tracking student progress and evaluating the effectiveness of interventions over time.

Labelling can be used to inform parents and involve them in developing suitable educational plans.

It also facilitates communication among professionals working with the child, such as teachers, counsellors, and medical staff.

15. “Parents are amongst important institutions that influence children’s social development”. Provide four arguments to justify the statement.

Parents are the first role models for children, influencing how they interact with others through observed behavior.

They instill values, norms, and cultural traditions that shape the child’s social identity.

Parental involvement in education supports better academic performance and social skills development.

They provide emotional support and guidance, which build the child’s confidence in social situations.

16. The problem of early pregnancy is becoming rampant among primary and secondary school girls. Stakeholders are currently discussing the possibility of allowing pregnant girls to return to school after delivery. Discuss four reasons why they should not be allowed to return.

Returning to school may cause distractions for the student as they try to balance parenting responsibilities and academic work.

It could lead to stigmatization and discrimination from peers, affecting the girl’s mental health and learning focus.

Some may view the policy as encouraging irresponsible behavior, thinking there are no serious consequences.

The demands of childcare could limit the girl’s attendance and participation in school activities, leading to poor performance.

17. Assume you have been invited to address a seminar on the importance of educational psychology in the teaching and learning process. Explain five aspects you could present to the participants.

Educational psychology helps teachers understand how students learn, allowing them to adapt teaching methods accordingly.

It provides strategies for managing classroom behavior effectively, promoting a positive learning environment.

It informs the design of assessments that measure not only knowledge but also skills and attitudes.

It guides in identifying and supporting students with learning difficulties, ensuring inclusive education.

Educational psychology also helps in understanding the role of motivation in learning and how to foster it in students.

18. When I hear, I forget; when I see, I remember; when I do, I understand. Comment on this statement in relation to the observational theory of learning.

This statement supports the idea that active engagement leads to deeper learning. Simply hearing information often results in temporary retention.

According to the observational theory of learning by Albert Bandura, seeing a task performed helps learners form a mental model of how it is done.

However, actually performing the task allows learners to practice and correct mistakes, leading to mastery.

This approach highlights the importance of combining visual demonstration with hands-on practice for effective learning.