

**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: 2002 p.m

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. Define the term maturation.

Maturation is the natural process of growth and development in an individual that occurs due to genetic programming rather than through learning or training.

It involves the physical and psychological changes that enable a person to acquire new skills and abilities at the right stage of development, such as walking, talking, or developing reasoning skills.

Maturation happens in a predictable sequence and sets the foundation upon which learning can take place. For example, a child must develop certain motor skills before being able to write.

2. Mention three branches of Psychology.

Educational psychology, which studies how people learn and how teaching methods can be improved to enhance learning outcomes.

Clinical psychology, which focuses on diagnosing, treating, and preventing mental, emotional, and behavioral disorders.

Social psychology, which examines how individuals' thoughts, feelings, and behaviors are influenced by the presence or actions of others.

3. State two factors that affect cognitive development.

Genetic factors, such as inherited intelligence and brain structure, influence a person's potential for learning and problem-solving.

Environmental factors, including the quality of education, access to learning resources, nutrition, and social interactions, shape how effectively a person's cognitive abilities develop.

4. Outline four disadvantages of group counselling.

Group counselling may not provide enough individual attention, as the counsellor has to divide focus among multiple participants.

Some members may feel uncomfortable sharing personal issues in front of others, which can limit the depth of discussion.

Dominant personalities can overshadow quieter members, reducing their opportunities to contribute.

Confidentiality can be more difficult to maintain because multiple people are privy to sensitive information.

5. What is the meaning of physical development?

Physical development refers to the growth and changes in a person's body and bodily systems over time.

It includes improvements in motor skills, muscle strength, coordination, and overall body function.

Physical development is influenced by genetic factors, nutrition, exercise, and overall health, and it is essential for performing daily activities and learning new physical tasks.

6. Distinguish between retroactive and proactive transfer of learning.

Retroactive transfer occurs when new learning interferes with the recall or application of previously learned material. In this case, the new knowledge affects old knowledge.

Proactive transfer occurs when previously learned material influences the learning or performance of new material. Here, the old knowledge affects the new learning.

The main difference lies in the direction of influence: retroactive affects the past, while proactive affects future learning.

7. Describe two uses of Social Psychology.

Social psychology is used in marketing to understand consumer behavior and to design advertisements that influence people's purchasing decisions.

It is also used in workplace settings to improve teamwork, resolve conflicts, and enhance productivity by understanding how group dynamics affect individual behavior.

8. Mention any four types of exceptional children.

Gifted and talented children who perform significantly above average in one or more areas of ability.

Children with physical disabilities such as visual or hearing impairments.

Children with learning disabilities like dyslexia, which affect reading, writing, or comprehension skills.

Children with emotional and behavioral disorders that interfere with their ability to function effectively in school and social settings.

9. Define the term memory.

Memory is the ability of the brain to store, retain, and retrieve information when needed.

It involves three main processes: encoding information, storing it over time, and retrieving it for use.

Memory enables learning from past experiences and applying that knowledge to new situations.

10. Give four ways that can be applied to identify children with learning problems.

Observing persistent difficulties in understanding and following instructions in class.

Noticing a significant delay in mastering basic academic skills such as reading, writing, and arithmetic compared to peers.

Identifying behavioral signs like frustration, avoidance of schoolwork, or frequent disruptive actions during lessons.

Comparing performance on standardized tests to age-appropriate benchmarks to detect consistent underachievement.

11. Explain four guiding principles of social learning.

Learning occurs through observation, meaning individuals can acquire new behaviors and skills by watching others perform them.

Reinforcement and punishment influence whether the observed behavior will be repeated. Positive consequences encourage repetition, while negative consequences discourage it.

Cognitive processes such as attention, memory, and motivation are essential for observational learning. Without these processes, simply seeing a behavior is not enough to learn it.

The characteristics of the model, such as credibility, competence, and similarity to the learner, affect how likely the learner is to adopt the observed behavior.

12. Compare and contrast classical conditioning and operant conditioning.

Classical conditioning is a learning process where a neutral stimulus becomes associated with a meaningful stimulus, eventually producing a similar response, as demonstrated by Pavlov's dog experiment.

Operant conditioning is a type of learning where voluntary behaviors are shaped and maintained by reinforcement or punishment, as developed by B.F. Skinner.

Both involve associative learning, but classical conditioning deals with involuntary responses triggered by stimuli, while operant conditioning focuses on voluntary behaviors influenced by their consequences.

13. Examine six qualities of an effective counsellor.

An effective counsellor demonstrates empathy, understanding the client's feelings from their perspective.

They maintain confidentiality, ensuring that information shared remains private unless there is a serious risk of harm.

Strong communication skills, including active listening and clear expression, help build trust and understanding.

Patience allows the counsellor to give clients time to express themselves and progress at their own pace.

Flexibility enables the counsellor to adapt techniques to suit each client's needs.

Self-awareness helps the counsellor recognize their own biases and emotions to avoid them interfering with the counselling process.

14. Analyze two factors that influence personality development.

Heredity plays a key role, as genetic factors determine basic traits such as temperament, intelligence, and physical appearance, which influence personality formation.

Environment, including family upbringing, culture, education, and peer relationships, shapes attitudes, values, and social behaviors that form a person's personality.

15. Discuss the general principles of counselling, giving relevant examples.

One principle is confidentiality, which involves keeping all information shared by the client private. For example, a student's personal issues discussed in counselling should not be revealed to others without consent.

Another principle is acceptance, meaning the counsellor accepts the client without judgment regardless of their background or behavior.

Empathy requires understanding and sharing the client's feelings, such as recognizing the stress a learner experiences before exams.

Non-directiveness allows clients to make their own decisions, with the counsellor guiding but not imposing solutions.

Respect ensures valuing the client's opinions and individuality, creating a safe and supportive environment.

16. The needs of students with physical and health impairments are neglected in most schools. As a Headmaster/Headmistress, what educational considerations would you make to ensure they have equal opportunities with other students?

I would ensure that the school buildings and facilities are accessible to all students, including ramps and modified toilets for those with mobility issues.

I would provide learning materials adapted to specific needs, such as Braille books for the visually impaired and sign language support for the hearing impaired.

Teachers would be trained in inclusive education methods to effectively support diverse learners.

I would establish health and counseling services within the school to address both physical and emotional needs.

17. Goal setting as a reinforcer in teaching and learning processes is important. Discuss five functions of goal setting in the classroom environment.

Goal setting provides clear direction for students, letting them know exactly what they are working towards.

It motivates learners by offering a challenge that encourages effort and persistence.

It allows both teachers and students to measure progress and identify areas needing improvement.

It encourages students to manage their time and resources effectively to meet targets.

Achieving set goals boosts confidence and reinforces positive attitudes towards learning.

18. “Every teacher is a counsellor”. Discuss.

Teachers often guide students through personal, social, and academic challenges, offering support beyond the curriculum.

They help identify problems such as learning difficulties or emotional distress and provide immediate assistance or referrals.

By fostering a supportive classroom environment, teachers encourage positive behavior and emotional growth.

Teachers also help students develop decision-making and problem-solving skills, preparing them for life beyond school.