

**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: 2003 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 socialization.

Socialization is the lifelong process through which individuals learn and internalize the norms, values, behaviors, and social skills necessary to interact and function effectively within a society.

It begins in early childhood through family influence and continues throughout life via schools, peer groups, media, and other social institutions.

Through socialization, a person develops their identity, learns societal expectations, and adapts to cultural traditions and roles.

2. Mention three stages of memory process.

Encoding is the first stage, where information is transformed into a form that can be stored in the brain, such as through visual, auditory, or semantic means.

Storage is the second stage, where the encoded information is retained in the brain for short-term or long-term use.

Retrieval is the final stage, involving accessing stored information and bringing it into conscious awareness when needed.

3. Differentiate between retrieve and recall.

Retrieve is the general act of accessing stored information from memory, whether consciously or unconsciously, often with or without cues.

Recall is a specific type of retrieval where information is brought to mind without external prompts, relying entirely on memory.

The main difference is that retrieval can include recognition with cues, while recall happens without any such assistance.

4. Outline four advantages of transfer of learning.

It saves time and effort, as previously learned skills can be applied directly to new situations without starting from scratch.

It enhances problem-solving ability, since learners can use past experiences to tackle unfamiliar challenges.

It boosts learner confidence, knowing that what they have learned can help them succeed in different contexts.

It makes learning more meaningful by showing connections between various topics and real-life situations.

5. Give the meaning of the term psychology.

Psychology is the scientific study of human and animal behavior and mental processes.

It aims to understand, explain, and predict behavior by using systematic research and observation.

Psychology also applies its findings to solve real-life problems in areas such as education, health, and workplace performance.

6. What does the term maturation mean?

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

It involves physical, cognitive, and emotional changes that enable a person to acquire new abilities at the right stage of development.

Maturation happens in a predictable sequence and sets the limits for when certain skills or behaviors can be learned effectively.

7. Mention any four functions of ego as the controlling component of personality.

The ego mediates between the instinctive desires of the id and the moral restrictions of the superego, balancing personal needs with societal expectations.

It makes rational decisions by considering both internal desires and external realities.

It controls impulses, ensuring that actions are socially acceptable and appropriate.

It uses defense mechanisms to protect the individual from anxiety and psychological stress.

8. Define the term physical development.

Physical development refers to the growth and changes in a person's body systems, including height, weight, muscle strength, and coordination.

It involves both gross motor skills, such as running and jumping, and fine motor skills, such as writing or buttoning clothes.

Physical development is influenced by genetics, nutrition, health, and physical activity.

9. List any four stages of observational learning.

Attention, where the learner focuses on the model's behavior and relevant details.

Retention, where the observed behavior is stored in memory for future use.

Reproduction, where the learner attempts to perform the behavior they have observed.

Motivation, where the learner chooses to perform the behavior based on expected rewards or consequences.

10. State two factors that affect moral development.

Family influence plays a major role, as children often adopt moral values and principles from their parents or guardians.

Peer relationships also shape moral development, as interaction with friends can influence behavior, attitudes, and ethical decision-making.

11. Explain four reasons why punishment is discouraged in teaching and learning situations.

Punishment can create fear and anxiety in students, which may hinder their participation and reduce their motivation to learn.

It can damage the relationship between teacher and student, leading to resentment and lack of cooperation in the classroom.

Punishment often addresses the outward behavior rather than the underlying causes, meaning the problem may reappear later.

It may encourage aggressive or rebellious behavior in some students, especially if they feel the punishment is unfair.

12. Analyze six uses of labelling in designing and providing special education.

Labelling helps identify learners with special needs so they can receive appropriate educational support and resources.

It enables teachers to adapt instructional methods to suit the unique needs of each labelled student.

Labelling allows schools to allocate funds and resources effectively to programs for students with special needs.

It helps track the academic progress and development of learners over time to assess the effectiveness of interventions.

It provides a basis for involving parents in developing suitable educational plans for their children.

Labelling facilitates communication among professionals such as teachers, counsellors, and health specialists, ensuring coordinated support.

13. Compare and contrast classical conditioning and operant conditioning.

Classical conditioning is learning by association, where a neutral stimulus becomes linked to a meaningful stimulus to produce a similar response, as in Pavlov's experiments with dogs.

Operant conditioning is learning through consequences, where behaviors are strengthened by rewards or weakened by punishments, as developed by B.F. Skinner.

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

14. Examine the contribution of educational psychology to effective classroom management.

Educational psychology provides teachers with an understanding of learner behavior, enabling them to create effective classroom rules and routines.

It offers strategies for motivating students, which helps maintain engagement and reduces disruptive behavior.

It equips teachers with methods for handling diverse learning needs, ensuring that all students participate productively.

It also emphasizes positive reinforcement and other behavior management techniques to promote a respectful and cooperative learning environment.

15. "Every teacher is a counsellor." Discuss.

Teachers often guide students in personal, academic, and social matters, similar to the role of professional counsellors.

They identify signs of emotional or learning difficulties and offer initial support or referrals for further help.

By creating a safe and supportive classroom environment, teachers foster trust, which encourages students to seek advice.

They also help students develop problem-solving skills, self-discipline, and positive attitudes toward learning and life.

16. The problem of early pregnancy among school girls is increasing. Discuss four reasons why they should not be allowed to return to school after delivery.

Balancing childcare and school responsibilities may reduce the student's ability to focus on learning and perform well.

They may face stigma and discrimination from peers and teachers, which can affect their mental health and school attendance.

Allowing return might be seen by some as a sign that there are no serious consequences, possibly influencing other students negatively.

The demands of caring for an infant could lead to frequent absences, limiting the girl's participation and learning progress.

17. Discuss the general principles of counselling with relevant examples.

Confidentiality ensures that the information shared by the client remains private, such as keeping a student's family issues undisclosed to others.

Acceptance means receiving the client without judgment, regardless of their background or mistakes.

Empathy involves understanding the client's feelings from their perspective, for example, recognizing a learner's stress before an exam.

Non-directiveness allows clients to explore and decide their own solutions, with the counsellor acting as a guide.

Respect ensures the client's views and individuality are valued, creating a safe space for open communication.

18. With reference to observational theory, comment on the statement: "When I hear, I forget; when I see, I remember; when I do, I understand."

The statement reflects the idea that active participation leads to deeper and longer-lasting learning.

Observational theory by Albert Bandura emphasizes that people learn by watching others and then practicing the observed behavior.

Seeing a skill demonstrated creates a mental model, but performing it allows learners to test and refine their understanding.

Practical engagement helps connect theory to real-world application, ensuring mastery and retention of knowledge.