

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL OF TANZANIA
DIPLOMA IN SECONDARY EDUCATION EXAMINATION
761 EDUCATIONAL PSYCHOLOGY, GUIDANCE AND COUNCELLING

Time: 3 Hours

ANSWERS

Year: 2018

Instructions

1. This paper consists of section A and B.
2. Answer all questions in section A, and four questions from section B.



1. (a) Define the term memory.

Memory is the cognitive process of encoding, storing, and retrieving information. It allows individuals to retain past experiences and knowledge for future use. Memory is essential in learning, decision-making, and daily activities as it helps individuals recall past events, facts, and skills.

(b) Briefly describe the three stages of memory processing.

Encoding is the first stage, where information is converted into a format that can be stored in the brain. This process involves sensory input, such as visual or auditory stimuli, being transformed into neural codes that the brain can interpret and retain. For example, when a student learns a new mathematical formula, the brain encodes the numbers and symbols into meaningful patterns.

Storage is the second stage, where encoded information is kept in the brain for a short or long period. There are different types of storage, including sensory memory, short-term memory, and long-term memory. For instance, a student remembering a historical event after several months demonstrates effective long-term storage.

Retrieval is the final stage, where stored information is accessed and brought back into consciousness when needed. This process allows individuals to recall facts, experiences, or skills from memory. For example, a student retrieving formulas from memory during an exam demonstrates successful retrieval.

2. Give four reasons for psychologists to use animals in studying human behaviors.

Psychologists use animals in research because they share biological and behavioral similarities with humans. Many fundamental psychological processes, such as learning and memory, are similar across species, allowing researchers to study these processes in animals before applying findings to humans.

Animal studies provide ethical advantages by allowing researchers to conduct experiments that may not be permissible on humans. Some psychological studies involve invasive procedures or controlled environments that would be unethical to apply to human participants.

Animals have shorter lifespans and faster reproductive cycles, making it easier for researchers to study long-term behavioral and genetic changes across generations. This helps psychologists understand hereditary influences on behavior more efficiently.

Research on animals helps in the development of treatments for psychological disorders. Studies involving brain functions, drug effects, and neurological conditions in animals have led to advances in mental health treatments, benefiting both animals and humans.

3. Briefly explain four teaching strategies a teacher may use when teaching formal operational learners.

Encouraging abstract thinking helps formal operational learners develop higher-order reasoning skills. A teacher can pose hypothetical questions or moral dilemmas, such as ethical debates on environmental conservation, to promote critical thinking.

Using problem-solving tasks allows students to apply logical reasoning and develop solutions to complex challenges. A teacher can introduce case studies or mathematical puzzles that require students to analyze multiple possibilities before arriving at conclusions.

Incorporating scientific experiments enables learners to test theories and hypotheses. For instance, a physics teacher can engage students in an experiment on gravity, allowing them to apply abstract reasoning and form predictions based on observations.

Promoting independent research helps students develop autonomy and analytical skills. A teacher can assign projects where students explore topics of interest, gather data, and present findings, encouraging self-directed learning and intellectual curiosity.

4. Outline four characteristics of human personality.

Personality is consistent over time, meaning that an individual's behavioral patterns and traits remain relatively stable throughout life. For example, a person who is naturally extroverted is likely to maintain this trait in different social situations.

Personality is unique to each individual, as no two people have identical personality traits. Even among siblings, differences in temperament and behavior reflect the uniqueness of personality.

Personality is influenced by both genetics and environment. While some traits, such as temperament, are inherited, environmental factors like upbringing, education, and social interactions also shape personality.

Personality affects how individuals interact with others and respond to different situations. A person's traits, such as confidence, shyness, or agreeableness, influence their relationships, decision-making, and coping mechanisms in life.

5. Give four differences between intrinsic motivation and extrinsic motivation.

Intrinsic motivation comes from within an individual, driven by personal satisfaction and enjoyment of an activity. For example, a student who loves painting creates artwork simply because they enjoy the process.

Extrinsic motivation comes from external rewards or pressures, such as grades, prizes, or social recognition. For instance, a student studying hard to win a scholarship is motivated by an external reward.

Intrinsic motivation leads to deeper engagement and long-term interest in a subject, as individuals pursue activities out of passion. A student who enjoys reading novels will continue reading even without external incentives.

Extrinsic motivation is often short-term, as individuals may stop engaging in an activity once the external reward is removed. For example, a student who studies only to pass an exam may lose interest in the subject after achieving the desired grade.

6. List four strategies a teacher can use to accommodate students with physical disabilities at school.

Providing accessible classroom facilities, such as ramps, elevators, and adjustable desks, ensures that students with mobility impairments can navigate the school environment without difficulties.

Using assistive technology, such as screen readers, speech-to-text software, and hearing aids, supports students with visual or hearing impairments, allowing them to access learning materials effectively.

Offering individualized instruction and flexible teaching methods, such as visual aids, hands-on activities, and verbal instructions, helps accommodate students with different physical challenges and learning styles.

Encouraging an inclusive and supportive classroom environment by promoting peer assistance and sensitizing students about disability awareness fosters respect and equal participation in learning activities.

7. Identify four principles of counseling service.

Confidentiality ensures that all information shared between the counselor and the client remains private. This principle builds trust and encourages individuals to open up about their concerns without fear of judgment.

Empathy allows counselors to understand and relate to the emotions of their clients. A counselor who listens attentively and acknowledges the client's feelings creates a supportive environment for emotional healing.

Non-judgmental attitude ensures that counselors accept clients without bias or criticism. Regardless of a client's background or choices, a counselor provides guidance without imposing personal beliefs.

Professionalism in counseling requires adherence to ethical standards and maintaining appropriate boundaries. A counselor must respect the dignity of clients and provide services based on knowledge and expertise.

8. Briefly describe four measures to prevent gender oppression, discrimination, and stereotyping in a school setting.

Implementing gender-inclusive policies in schools, such as equal opportunities for leadership roles and scholarships, ensures that both male and female students receive fair treatment.

Providing gender-sensitive education through curriculum reforms and teacher training promotes awareness of gender equality and challenges harmful stereotypes. Lessons should encourage critical thinking about gender biases.

Encouraging a culture of respect and inclusion by addressing sexist language, behaviors, and discriminatory practices helps create a safe environment where students feel valued and respected.

Establishing support systems such as counseling programs and peer mentorship helps students facing gender-based challenges seek help and build confidence in their abilities.

9. Give four advantages of discovery learning to students.

Discovery learning enhances critical thinking by allowing students to explore and solve problems independently. When students find solutions on their own, they develop analytical skills and a deeper understanding of concepts.

It increases motivation and engagement, as students actively participate in their learning process. Hands-on experiments and self-directed research make lessons more interactive and enjoyable.

Discovery learning promotes long-term retention because students remember information better when they discover it through exploration rather than passive memorization.

It fosters creativity and curiosity by encouraging students to ask questions, investigate ideas, and experiment with different solutions, leading to a more dynamic learning experience.

10. Identify four advantages of individual counseling.

Individual counseling provides personalized support tailored to a client's specific needs. The counselor can focus on the individual's challenges and develop strategies that suit their personal situation.

It allows for a deeper exploration of emotions, as clients can express their thoughts and feelings openly without the pressure of group settings. This helps in addressing underlying issues effectively.

Confidentiality in individual counseling encourages clients to be honest and open, knowing that their discussions will remain private. This leads to greater trust between the counselor and client.

Individual counseling provides flexibility in pace and approach, allowing clients to progress at their own comfort level without feeling rushed or influenced by others' opinions.

11. By giving examples in each, illustrate six ways a teacher can apply educational psychology in the teaching and learning process.

Educational psychology offers valuable insights that can enhance teaching and learning. One way a teacher can apply educational psychology is by using differentiated instruction to accommodate the varying learning styles and abilities of students. For example, a teacher can provide visual aids for visual learners, use auditory instructions for auditory learners, and offer hands-on activities for kinesthetic learners, ensuring that all students have an equal opportunity to learn.

Another application is by implementing positive reinforcement to motivate students. When a teacher praises or rewards a student for good behavior or academic achievement, it strengthens the likelihood that the behavior will be repeated. For instance, a teacher may offer praise when a student completes homework on time, encouraging that student to continue meeting deadlines.

Setting clear, achievable goals is another important strategy. Educational psychology suggests that setting specific goals helps students focus their efforts and enhances motivation. A teacher might set a goal for students to improve their reading comprehension by 10% over the semester, providing them with clear expectations and measurable outcomes.

Applying the concept of scaffolding can also support student learning. Scaffolding involves providing support to students as they develop new skills and gradually removing that support as they gain independence. A teacher might first provide a detailed outline for an essay and then, as the student's writing skills improve, reduce the level of guidance.

Using formative assessments allows teachers to monitor student progress and adjust instruction accordingly. For example, a teacher may give short quizzes throughout a unit to assess student understanding, and based on the results, modify the lesson plans to address areas of difficulty.

Encouraging active learning is another important way to apply educational psychology. By incorporating group discussions, problem-solving activities, or role-playing into lessons, a teacher engages students in the learning process, which enhances their retention and understanding. For instance, in a history class, a teacher may have students role-play historical figures to better understand the events of a particular period.

12. Demonstrate six applications of Piaget's theory of cognitive development in the teaching and learning process.

Piaget's theory of cognitive development can significantly inform teaching strategies. One application is adapting lessons to match the developmental stages of students. For example, in the concrete operational stage, students can engage in hands-on activities such as building models or conducting experiments, as they are more capable of logical thinking and manipulating physical objects.

Another application is promoting active learning through exploration and discovery. Piaget emphasized that children learn best by actively engaging with their environment. In a science lesson, a teacher can allow students to conduct experiments and draw their own conclusions, fostering exploration and inquiry, which is particularly effective for students in the sensorimotor and preoperational stages.

Teachers can also use Piaget's theory to assess the appropriateness of certain tasks for students. For example, students in the formal operational stage, who are capable of abstract thinking, can be asked to solve hypothetical problems or engage in debates on complex issues, challenging their cognitive abilities in line with their developmental stage.

Piaget's emphasis on the importance of schemas can guide teachers to help students build on their existing knowledge. A teacher can provide new information that connects with students' prior experiences, ensuring that the learning is relevant and builds on what students already know.

Another application is fostering cognitive conflict to promote learning. Piaget suggested that learning occurs when individuals encounter contradictions in their thinking. A teacher can present students with puzzles or challenging problems that require them to rethink their existing ideas, prompting cognitive growth.

Lastly, Piaget's theory can be applied through peer interaction. In the later stages of development, Piaget argued that social interaction plays a crucial role in cognitive development. Teachers can encourage group work and discussions where students can share ideas and challenge each other's thinking, facilitating cognitive development through collaborative learning.

13. Examine six motivational techniques that teachers can use during the teaching and learning process.

Motivating students is essential to enhance their engagement and academic success. One effective motivational technique is setting clear and achievable goals. When students know what is expected of them and understand how to reach their goals, they are more likely to stay motivated. A teacher might, for example, set a reading goal and track progress, offering rewards as milestones are achieved.

Another technique is providing immediate feedback. Students benefit from knowing how they are doing in real-time so they can adjust their efforts. For example, after completing an assignment, a teacher can provide quick and constructive feedback that encourages the student to improve or continue their effort.

Incorporating choice in learning also motivates students. When students are given options in how they approach assignments or what topics they explore, they feel more autonomous and engaged. For example, a teacher could allow students to choose their research project topics from a list, giving them a sense of ownership over their learning.

Using praise and positive reinforcement encourages continued effort. A teacher who regularly praises students for their effort and achievements fosters a positive learning environment and boosts students' self-esteem. For instance, a teacher might publicly acknowledge a student who consistently participates in class discussions.

Building a supportive classroom environment also increases motivation. Students are more likely to engage when they feel safe and supported. Teachers can create an atmosphere where mistakes are seen as part of the learning process and encourage peer support, fostering a sense of belonging among students.

Finally, making learning relevant to students' lives boosts motivation. When students see how their studies connect to real-world applications, they are more likely to be invested in the material. A teacher can incorporate real-life examples into lessons, such as using current events to explain historical concepts, making learning more meaningful for students.

14. Recommend six possible measures to curb adolescents' irresponsible sex behavior in secondary schools.

To address adolescents' irresponsible sexual behavior, one measure is implementing comprehensive sex education programs. These programs should provide accurate information about sexual health, contraception, and the emotional consequences of sexual relationships. Teachers can incorporate discussions that challenge myths and misconceptions, helping students make informed decisions.

Encouraging open communication between students and teachers is another important measure. When students feel comfortable discussing sensitive topics with educators, they are more likely to seek advice and guidance before making potentially harmful decisions. Teachers can create a safe space for students to ask questions and express concerns about relationships and sexuality.

Promoting peer education is also effective in curbing irresponsible sexual behavior. Peer-led programs, where older students educate younger ones about healthy relationships and sexual health, can have a positive impact. Adolescents are more likely to listen to and relate to their peers, making this approach an effective tool for influencing behavior.

Improving parental involvement in students' education is another crucial measure. Parents play an important role in shaping their children's attitudes toward sex. Schools can organize workshops for parents, equipping them with the tools to talk to their children about sexual health and responsibility.

Creating programs that emphasize the emotional and psychological aspects of sexual behavior can also be beneficial. Helping students understand the emotional consequences of sex, such as guilt, regret, and the impact on self-esteem, can encourage more responsible decision-making.

Finally, providing access to counseling services offers students the support they need to address personal issues related to sex and relationships. Counseling can help students navigate peer pressure and emotional concerns, providing them with strategies to make healthier choices.

15. "Tests and examinations are like a terror to many students." Explain three advices and give four studying strategies that can be given to students to overcome the problem.

One piece of advice for students facing test anxiety is to manage stress through relaxation techniques. Deep breathing exercises, meditation, or physical activities such as walking can help students calm their nerves before and during exams. By reducing anxiety, students can focus better and perform more effectively.

Another important piece of advice is to develop effective time management skills. Students should break down study material into manageable chunks and avoid last-minute cramming. By allocating sufficient time for each subject and revising regularly, students can approach exams with confidence rather than fear.

The third piece of advice is to practice self-affirmation and positive thinking. Encouraging students to focus on their strengths and successes can build their confidence. A student who reminds themselves of past achievements is more likely to approach exams with a positive attitude, reducing feelings of dread and anxiety.

As for studying strategies, one effective method is active recall. This involves testing oneself on the material rather than passively reading notes. For example, students can use flashcards to quiz themselves on important concepts, reinforcing their memory and understanding.

Another useful strategy is spaced repetition, where students review material at increasing intervals over time. This method helps consolidate long-term memory and prevents cramming. For instance, reviewing notes every few days leading up to the exam can significantly improve retention.

Taking regular breaks during study sessions can also improve focus and productivity. Studying for long periods without breaks can lead to burnout and decreased retention. A student might study for 25 minutes and then take a 5-minute break, following the Pomodoro Technique.

Lastly, group study can be an effective strategy for some students. Discussing material with peers allows students to explain concepts to each other, reinforcing their understanding and gaining new insights. However, it's important that the group stays focused on the topic and avoids distractions.

16. By using examples in each, explain six characteristics manifested by learners with mental retardation during the teaching and learning process.

Learners with mental retardation may exhibit slower cognitive processing speeds. For instance, a student with intellectual disabilities might take longer to comprehend new information, requiring extra time to understand and apply lessons. This slower processing speed may impact their ability to keep up with classwork, necessitating individualized teaching approaches.

Another characteristic is difficulty with problem-solving skills. Students with mental retardation may struggle to analyze problems and develop solutions independently. For example, in math, a student may need step-by-step guidance to solve even basic arithmetic problems, as they may not yet have developed the logical reasoning required to find answers on their own.

A lack of abstract thinking is also common. Learners with mental retardation often have difficulty understanding concepts that are not concrete or directly observable. For instance, abstract subjects like philosophy or theoretical science may pose significant challenges, while concrete subjects like basic arithmetic or practical life skills may be more accessible.

Difficulty with communication is another characteristic. Students may struggle to express themselves clearly or understand spoken or written instructions. For example, a student might find it challenging to articulate their thoughts in a class discussion or follow complex verbal instructions without additional support.

Inconsistent attention spans can also be an issue. Learners with mental retardation may find it hard to maintain focus for extended periods, often becoming easily distracted during lessons. This can affect their ability to absorb and retain information. Teachers may need to employ techniques such as breaking lessons into smaller, more engaging segments to maintain their attention.

Lastly, limited social skills are often manifested. Students with mental retardation may struggle with social interactions, understanding social cues, or participating in group activities. For example, a student may have difficulty making friends or following social rules in group settings, leading to isolation or frustration. Teachers can help by promoting social skills training and encouraging positive interactions among peers.