

SPC 320



OFFICE OF THE DEPUTY PRINCIPAL  
ACADEMICS, RESEARCH AND STUDENT AFFAIRS

## UNIVERSITY EXAMINATIONS

### 2019/2020 ACADEMIC YEAR

THIRD YEAR SECOND SEMESTER REGULAR EXAMINATION

FOR THE DEGREE OF BACHELOR OF SCIENCE  
IN COUNSELING PSYCHOLOGY



COURSE CODE: SPC 320

COURSE TITLE: STRESS AND DISASTER MANAGEMENT

DATE: TIME:

### INSTRUCTION TO CANDIDATES

- SEE INSIDE

THIS PAPER CONSISTS OF 2 PRINTED PAGES

PLEASE TURN OVER

STREAM: BSc. CP

DURATION: 3Hours



**INSTRUCTIONS TO CANDIDATES**

- i. Answer **Question ONE** and any other **TWO** Questions
- ii. Do not write on the Question paper

**Question One**

- a) Explain the following concepts
  - i. Stress (2Marks)
  - ii. Disaster management (2Marks)
- b) Outline SIX challenges that are experienced when implementing a drought mitigation plan in Kenya (6Marks)
- c) Using relevant examples, Describe FIVE phases of disaster management (10Marks)
- d) Discuss the role of a counselor in stress and disaster management (10Marks)

**Question Two**

- a) Relationship problem is a type of stress people experience from time to time. Discuss this statement in relation to how relationship stress can be mitigated (10Marks)
- b) Explain how conflicts in work places can be resolved (10Marks)

**Question Three**

- a) Evaluate the role of cognitive behaviour therapy as an intervention measure in cognitive distortions (10Marks)
- b) Discuss FIVE major requirements needed for effective disaster response (10Marks)

**Question Four**

- a) "Disastrous events will always take place despite several measures in place to mitigate them." Discuss (10Marks)
- b) Elucidate FIVE factors responsible in perpetuating vulnerability to Disasters (10Marks)

**Question Five**

- a) With the help of illustrations, identify FIVE causes of stress (5Marks)
- b) Explain how stress can affect an individual (5Mrrks)
- c) Explain FIVE Skills that would help a University student cope with stress ( 10Marks)