

Duration of examination - 3 hours

Total Marks - 100

Instructions:

1. All 5 questions carry 20 marks and are compulsory.
2. There will be internal choices in each Question.

Q1. Attempt any two questions

20 marks

- A. Describe physical changes adolescence experience as the body reaches puberty.
- B. Explain the nutritional needs and concerns of adolescence.
- C. Describe how cognitive development proceeds during adolescence according to Piaget.

Q2. Attempt any two questions

20 marks

- A. Describe how self concept and self Esteem develop during adolescence.
- B. Summarise how Erikson explains identity formation during adolescence.
- C. Explain Marcia's categories of adolescent identity.

Q3. Attempt any two questions

20 marks

- A. Describe how the body develops and stays healthy during early adulthood.
- B. Summarise the effects of stress and what can be done about it.
- C. Describe how cognitive development continues in young adulthood focusing on post formal thought.

Q4. Attempt any two questions

20 marks

- A. Explain how young adults respond to the need for intimacy and friendship and how liking turns to loving.
- B. Differentiate the different kinds of love.
- C. Describe how young adults choose spouses.

Q5. Attempt any two questions

20 marks

- A. Write short notes on
 - a. Analyse the factors that affect adolescent school performance.
 - b. Describe how adolescents use the internet.
- B. Identify the dangers adolescence face as they deal with the stresses of their age.
- C. Compare and contrast Perry's and Schaie's approaches to cognitive development in young adulthood.
- D. Describe the sorts of relationships people enter into in early adulthood and what makes these relationships work or cease to work.