



**National Open University of Nigeria**  
**Plot 91 Cadastral Zone, Nnamdi Azikiwe Express Way**  
**Jabi, Abuja**  
**Faculty of Education**  
**2025\_2 EXAMINATIONS**

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**Programme: M.Ed Guidance and Counselling**

**Course Code: EGC812**

**Course Title: Behaviour Modification**

**CREDIT UNIT: 2**

**Time Allowed: 2 Hours**

**Instruction: Answer Question 1 and any other two questions.**

- 1a. Define the term “behaviour”, and explain the two broad categories of behaviour as applied in Psychology
- b. Explain the view of Humanistic Sociologists on Deviant behaviour
- c. How can a therapist determine whether therapy has been successful or not (30 marks)
- 2a. Discuss the categories of people that seek for therapy.
- b Briefly explain the steps therapists take in Behaviour Management (20 marks)
- 3a. Discuss in detail, Beck’s Cognitive Therapy
- b. Explain Beck’s Therapeutic Processes (20 marks)
- 4 Describe in details the following terms
- i. Positive and Negative Reinforcement
  - ii. Psychoanalytic Theory of personality
  - iii. Catharsis
  - iv. Freudian Free Association (20 marks)
5. Give a detailed description of Bandura’s Process of Observational Learning
- b Explain Antipsychotic Drug Therapy (20 marks)