



National Open University of Nigeria
Plot 91 Cadastral Zone, Nnamdi Azikiwe Express Way
Jabi, Abuja

Faculty of Education
2023 2 EXAMINATIONS_

Programme: M.Ed Guidance and Counselling
Course Code: EGC812
Course Title: Behaviour Modification
Time Allowed: 2 Hours

Instruction: Answer Question 1 and any other two questions.

- 1a. Define Behaviour from the point of view of Behaviouristic Psychologists (10 marks)
 - b. Discuss 5 qualities that indicate success in Behaviour Modification. (10 marks)
 - c. Explain four(4) major techniques used in Client-centred therapy (10 marks)
- 2 Write short notes on the following
- a. Positive Reinforcement b. Negative Reinforcement
 - c. Excess behaviour d. Psychosurgery (20 marks)
3. Discuss in details how you can modify "Examination Anxiety" using Systematic Desensitization (20marks)
- 4a. Explain the importance of Beck's Cognitive therapy in Behaviour Modification (10 marks)
 - b. How relevant is Beck's therapeutic process in modern day therapy (10 marks)