



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

Faculty of Education  
**2023\_2 EXAMINATIONS**

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**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)