

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION

PSYC 123: PRINCIPLES OF GUIDANCE AND COUNSELLING

STREAMS: Y1S2

TIME: 2 HOURS

DAY/DATE: TUESDAY 23/03/2021

11.30 A.M – 1.30 P.M

INSTRUCTIONS:

Answer question one and any other two questions

Do not write on the question paper

1. (a) Explain how guidance is different from counselling. [2 marks]
- (b) Explain five principles of guidance. [10 marks]
- (c) Highlight five benefits of interpretive listening in counselling. [5 marks]
- (d) Discuss the following basic counselling ethics. [8 marks]
 - (i) Confidentiality
 - (ii) Informed consent
 - (iii) Dual relationship
 - (iv) Referral
- (e) Explain five challenges a counsellor is likely to experience during counselling process. [5 marks]
2. (a) Discuss the significance of guidance and counselling to psychologist. [10 marks]
- (b) Discuss non verbal skills applied in the counselling process giving relevant examples where applicable. [10 marks]
3. Discuss any two of the following theories of counselling. [10 marks]

- (i) Humanistic theory
- (ii) Psychoanalytic theory
- (iii) Cognitive approach
- (iv) Biological theory
- (v) Solution focused theory

(b) Explain five resources necessary for effective guidance and counselling process.

[10 marks]

4. (a) Discuss five qualities of a good counselor. [10 marks]

(b) Justify five circumstance under which referral may be appropriate during counselling. [10 marks]
