

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**EXAMINATION FOR THE AWARD OF DIPLOMA IN SOCIAL WORK**

**SOWK 0124: GUIDANCE AND COUNSELLING**

**STREAMS: DIMA (Y1S2)**

**TIME: 2 HOURS**

**DAY/DATE: FRIDAY 26/03/2021**

**2.30 P.M. – 4.30 P.M.**

**INSTRUCTIONS: Answer question ONE and any other TWO questions**

- Q1. (a) Define the following terms as used in guidance and counseling
- (i) Counseling [2 marks]
  - (ii) Guidance [2 marks]
  - (iii) Personal development [2 marks]
- (b) Distinguish between psychoanalysis and psychosocial change [4 marks]
- (c) Discuss any five counseling skills that a social worker should possess [10 marks]
- (d) Discuss psychoanalysis as a model of counseling [10 marks]
- Q2. (a) Discuss any humanistic model of counseling [10 marks]
- (b) Discuss any five counseling techniques that are commonly used by social workers [10 marks]
- Q3. (a) Discuss any five misconceptions in guidance and counseling [10 marks]
- (b) Distinguish between behavioral therapy and cognitive behaviour therapy [10 marks]
- Q4. Discuss any five forms of counseling [20 marks]
- Q5. (a) Outline common problems that are addressed by counselors in Kenya [10 marks]
- (b) Outline the steps involved in counseling process [10 marks]
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