

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA AND EMBU CAMPUSES

**THIRD YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
EDUCATION**

EPSC 321: PRINCIPLES OF GUIDANCE AND COUNSELLING

STREAMS: B.ED LIII BII (PART TIME)

TIME: 2 HOURS

DAY/DATE: TUESDAY 06/08/2019

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- **Answer question ONE and any other TWO.**

1. (a) Describe the following types of counselling processes.

- (i) Crisis counseling
- (ii) Career counselling
- (iii) Preventive counselling
- (iv) Group counselling
- (v) Individual counselling

(10 marks)

(b) Describe the following terms and concepts as used in guidance and counselling process. (10 marks)

- (i) Counselling
- (ii) Counselee
- (iii) Guidance
- (iv) Counsellor
- (v) Termination
- (vi) Referral
- (vii) Confidentiality
- (viii) Dual relationship
- (ix) Therapy
- (x) Unconditional Positive Regard (UPR)

- (c) Discuss five reasons that explain why many community members who have emotional problems need counselling services. (10 marks)
2. (a) Describe five forums that can be used by a teacher counselor to ensure that guidance and counselling is carried out in schools. (10 marks)
- (b) (i) What is meant by a “counselling skill”? (1 mark)
- (ii) Explain the following techniques used in counselling. (8 marks)
- (i) Self-disclosure
 - (ii) Silence
 - (iii) Follow up
 - (iv) Teaching
3. Quality counselling requires a counsellor to have special characteristics. Describe ten (10) characteristics of an effective counsellor. (20 marks)
4. (a) Critically evaluate using five examples, the main issues of counselling among students in a Kenyan school. (10 marks)
- (b) Explain five limitations of a classroom teacher in playing the role of a teacher counsellor, in a school. (10 marks)
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