

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

THARAKA CAMPUS

FIRST YEAR EXAMINATION FOR THE AWARD OF CERTIFICATE IN
COMMUNITY DEVELOPMENT

CDEV 00120: INTRODUCTION TO COUNSELING

STREAMS: CERT CDEV Y1S1

TIME: 2 HOURS

DAY/DATE: THURSDAY 8/08/2019

8.30 A.M - 10.30 A.M.

INSTRUCTIONS:

- Answer Question ONE and any other TWO Questions
- Do not write anything on the Question paper

1. (a) Define the following terms,
 - (i) Counseling
 - (ii) Skills
 - (iii) Therapist
 - (iv) Client
 - (v) Dual relationship

[10 Marks]

(b) Explain five principles of counseling. [10 Marks]

(c) Discuss five roles of counseling in the family and community. [10 Marks]
 2. Discuss the following skills and techniques in the process of counseling;
 - (i) Attending skills
 - (ii) Observation skills
 - (iii) Responding skills
 - (iv) Question and probing skills
 - (v) Empathic understanding

[20 Marks]
 3. (a) Describe five reasons necessary for effective counseling. [10 Marks]
 - (b) Discuss the role of a counselor in the counseling process. [10 Marks]
 4. (a) Explain five goals of cognitive theory. [10 Marks]
 - (b) Explain three types of counseling. [6 Marks]
 - (c) Highlight four challenges a counselor may experience in the counseling process. [4 Marks]
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