
CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA, EMBU AND ISEMBE CAMPUSES

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION
ARTS**

EPSC 321: PRINCIPLES OF GUIDANCE AND COUNSELING

STREAMS: BED (ARTS) Y3

TIME: 2 HOURS

DAY/DATE: TUESDAY 04/12/2018

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- **Answer question ONE and any other three questions.**

- Q1. (a) Draw a clear distinction between guidance and counselling. (5 marks)
- (b) With examples, discuss the functions of guidance and counselling. (10 marks)
- (c) Identify and explain five characteristics of counselling. (10 marks)
- Q2. (a) Explain the meaning of the following as used in guidance and counselling.
- (i) Rephrasing/paraphrasing
 - (ii) Connecting
 - (iii) Interpretive listening
 - (iv) Confrontation
 - (v) Anxiety (10 marks)
- (b) Identify and explain the advantages of active listening. (5 marks)
- Q3. (a) As a high school teacher you have been asked to participate in identifying a school counsellor. State five qualities that you need to consider. (5 marks)

(b) Identify and explain possible challenges you are likely to face in the counselling process. (10 marks)

Q4. (a) Discuss the following concepts as used by Sigmud Freud

- (i) Influence of the past
- (ii) The unconscious
- (iii) Transference
- (iv) Counter transference
- (v) Ego defense mechanisms (10 marks)

(b) Explain the use of various physiological tests. (5 marks)

Q5. (a) Distinguish career awareness from career development. (2 marks)

(b) As a teacher, how would you promote career awareness among your students? (5 marks)

(c) Identify and discuss the psychological and social problems of adjustment among your students. (8 marks)
