

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**THIRD YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
EDUCATION (PRIMARY OPTION)**

EPSC 326: PRINCIPLES OF GUIDANCE AND COUNSELLING

STREAMS: BED (P) LIIBII

TIME: 2 HOURS

DAY/DATE: TUESDAY 04/12/2018

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

- **Attempt question ONE and any other TWO questions.**
- **Do not write anything on this question paper.**

1. Define the following terms and concepts as used in the guidance and counselling process

- (a) (i) Referral
(ii) Termination
(iii) Confidentiality (6 marks)

(b) Show the difference in meaning of the following statements.

- (i) Guidance is generally formal and counselling is both formal and informal. (3 marks)
(ii) In counselling, the client is the expert and in guidance, the counselor is the expert. (3 marks)

(c) Give a brief explanation on the listed categories of guidance

- (i) Health guidance
(ii) Vocational guidance
(iii) Personal and social guidance
(iv) Educational guidance (8 marks)

(d) Explain five reasons why teacher trainees are required to study principles of guidance and counselling during their professional training. (10 marks)

2. (a) Discuss eight (8) limitations encountered by a classroom teacher, while playing the role of a school counsellor. (16 marks)
- (b) “Why” questions should be avoided in a counselling session. Explain the reasons behind this statement and mention the alternative type of questions preferred. (4 marks)
3. (a) Discuss ten (10) forums that can be used by a teacher-counsellor to ensure that guidance and counselling is carried out, in a school set up. (10 marks)
- (b) Describe five (5) reasons as to why some members of our community who have psycho-social issues/challenges fail to seek counselling services. (10 marks)
4. (a) Show your understanding of the following types of counselling processes.
- (i) Crisis counselling
 - (ii) Peer counselling
 - (iii) Group counselling
 - (iv) Preventive counselling
 - (v) Individual counselling
 - (vi) Marital counselling
 - (vii) Family counselling
 - (viii) Career counselling
 - (ix) Developmental counselling (9 marks)
- (b) What is the techniques of “teaching” as applied in a counselling relationship. (1 mark)
- (c) Imagine you are an administrator of a school and you would like to employ a qualified counsellor for the institution. Discuss five (5) characteristics that you would look out for. (10 marks)
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