

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

SUPPLEMENTARY /SPECIAL EXAM

**SECOND YEAR EXAMINATION FOR THE AWARD OF DEGREE
OF BACHELOR OF EARLY CHILDHOOD DEVELOPMENT &
EDUCATION**

ECDE 445: PRINCIPLES OF GUIDANCE AND COUNSELLING FOR ECDE

STREAM: ECDE

TIME: 2 HOURS

DAY/DATE: MONDAY 16/11/2020

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS

- Answer all the questions
- Do not write on the question paper

QUESTION ONE

- (a) Define briefly the following terms and concepts as used in the counselling process (10 marks)
- Termination of counselling
 - Referral
 - Counselee or client
 - Counsellor or therapist
 - Dual relationship in counselling
- (b) Describe the listed techniques used in the counselling process (10 marks)
- Self-disclosure
 - Focusing
 - Silence
 - Teaching
 - Evaluating

QUESTION TWO

- (a) Discuss four major reasons of offering guidance and counselling services (10 marks)
- (b) Explore some difficult or sensitive issues that individuals find it easy to discuss:
- i) During one-on-one counselling sessions
 - ii) Within a group of adults
 - iii) Within a group of parents
 - iv) Within a group of adolescents (10 marks)

QUESTION THREE

- (a) Explain what you understand by 'clients autonomy' (5 marks)
- (b) Explain the differences in the following statements:
- i) - Counselling is both formal and informal
 - Guidance is generally formal
 - ii) - Counselling is a healing process
 - Guidance is a building process
 - iii) - In counselling the client is the expert
 - In guidance, the counsellor is the expert (15 marks)

QUESTION FOUR

Imagine you are an administrator of an ECDE centre and you would like to hire a qualified counsellor for the institution. Discuss any ten qualities of a good counsellor that you would look for (20 marks)

QUESTION FIVE

Explain each of the following types of counselling

- a.i. Individual counselling
- a.ii. Peer counselling
- a.iii. Preventive counselling
- a.iv. Crisis counselling
- a.v. Group counselling

(20 marks)