

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF ARTS IN
PSYCHOLOGY**

PSYC 473: DEVELOPMENT AND ORGANIZATION OF GUIDANCE AND COUNSELLING

STREAMS:

TIME:2 HOURS

DAY/DATE: THURSDAY 13/04/2023

2.30 P.M. –4.30 P.M.

INSTRUCTIONS:

- Answer question one (compulsory) and any other two.
- Do not write on the question paper

1. A) Define the terms, guidance and counselling (2 marks)
b) Explain the contributions of Sigmund Freud in the field of counselling (4 marks)
c) Explain the three desirable characteristics of a counselling relationship between a counsellor and counselee according to Carl Rogers (6 marks)
d) Explain four main areas of emphasis in schools guidance and counselling (8 marks)
e) Identify and analyze five qualities of a good counsellor (10 marks)
 2. a) Explain the main areas of focus in Cognitive Behaviours Therapy (CBT). (12 marks)
b) In what (4) four ways in modern counselling different from traditional counselling (8 marks)
 3. Trace the development and organization of guidance and counselling in Kenya (20 marks)
 4. a) Describe five counselling techniques that a counselor can employ in a counselling process (10 marks)
b) Identify and analyze five differences between individual and group counselling (10 marks)
-