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**UNIVERSITY EXAMINATIONS  
2021/2022 ACADEMIC YEAR  
FOURTH YEAR SECOND SEMESTER  
MAIN EXAMINATION**

**FOR THE DEGREE OF EDUCATION ARTS/SCIENCE**

**COURSE CODE: GAC 412**

**COURSE TITLE: PERSON CONSTRUCTS AND LIFE SKILLS IN COUNSELLING**

**DATE: 07/10/2021**

**TIME: 2.00-4.00PM**

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**INSTRUCTIONS TO CANDIDATES**

**TIME: 2 HRS**

**Answer FOUR Questions only**

## QUESTION ONE

- a) Describe three determinants of personal constructs (6mks)
- b) Discuss personal construct theory of counseling (6mks)
- c) Explain how credulous listening and counselor creativity could influence clients in construing of events (8mks)
- d) Describe the role of the therapist in person construct counseling (4mks)
- e) Explain how poor attitude can affect academic performance (3mks)
- f) Explain how poor perception of self could affect self and others (3mks)

## QUESTION TWO

- a) Describe Kelly's concept of constructive alternativism (12mks)
- b) Discuss four causes of psychological illness according to Kelly construct theory (8 mks)

## QUESTION THREE

- a) Using relevant examples describe five corollaries of Kelly's fundamental postulates (15mks)
- b) Outline five ways teachers can improve self-esteem of learners (5mks)

## QUESTION FOUR

- a) Describe five counseling skills that a personal construct counselor can employ to facilitate psychological healing (15mks)
- b) Explain five Personal Construct client's expectations in counseling (5mks)

## QUESTION FIVE

- a) Describe four strategies of stress management (8mks)
- b) Discuss six reasons why youths lack assertiveness (12mks)