



**KIBABII UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**2020/2021 ACADEMIC YEAR**

**FIRST YEAR FIRST SEMESTER**

**MAIN EXAMINATION**

**FOR THE DEGREE OF BACHELOR OF EDUCATION**

**COURSE CODE: GAC111. (REGULAR)**

**COURSE TITLE: INTRODUCTION TO GUIDANCE AND COUNSELING**

**DATE: 18/02/2021**

**TIME: 11:00AM - 1:00PM**

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**INSTRUCTIONS TO CANDIDATES**

Answer Question One and Any other TWO (2) Questions

TIME: 2 Hours

### QUESTION ONE

- a) Explain five ways how counselling can be used to supplement efforts at home  
(5mks)
- b) Discuss how wastage and stagnation can be realized without guidance and counselling  
(5mks)
- c) What would be the effect on a client if a counsellor never recognized his/her dignity and worth? (5mks)
- d) Identify the role of a counsellor in the following circumstances:
  - i. Gangs (2mks)
  - ii. School drop outs (2mks)
  - iii. Substance abuse (2mks)
  - iv. Diversity (2mks)
  - v. Teenage pregnancy (2mks)
- e) Highlight the role played by counsellors in the following nations;
  - i. Japan (1mk)
  - ii. France (1mk)
  - iii. Hong Kong (1mk)
  - iv. Thailand (1mk)
  - v. United States of America (1mk)

### QUESTION TWO

- a) Explain the role of human nature in psychoanalytic theory (8mks)
- b) Distinguish between the following structures of personality as proposed by Sigmund Freud
  - i. ID (4mks)
  - ii. EGO (4mks)
  - iii. SUPEREGO (4mks)

### QUESTION THREE

Write short notes on the following therapies as used in counselling;

- i) Eclectic therapy (4mks)
- ii) Group therapy (4mks)
- iii) Family therapy (4mks)
- iv) Cognitive therapy (4mks)
- v) Behavior therapy (4mks)

### QUESTION FOUR

- a) Critically analyze the importance of the following skills in counselling;
  - i. Questioning (5mks)
  - ii. Self-disclosure (5mks)
- b) Highlight and explain five symptoms that can assist the teacher counsellor identify a student with a problem (10mks)

### QUESTION FIVE

- a) Identify and explain the importance of referral agencies (10mks)
- b) Using relevant examples, explain how counsellors can improve their professional practice (10mks)