



KIBABII UNIVERSITY

UNIVERSITY EXAMINATIONS

2021/2022 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: 18th May 2022

TIME: 9.00 a.m-11.00 a.m

INSTRUCTIONS TO CANDIDATES

Answer Question One and Any other TWO (2) Questions

TIME: 2 Hours

This Paper Consists of 2 Printed Pages. Please Turn Over. ►

QUESTION ONE

- a) Explain five intervention strategies that can be employed to prevent indiscipline cases that are being experienced in Kenyan Secondary Schools (5mks)
- b) Discuss counselling skills and techniques you will use to reveal information repressed in the unconscious mind that causes anxiety (6mks)
- c) Highlight strategies that a counsellor can use to win the client's trust (5mks)
- d) Briefly describe the following therapies:
 - i. Schema- Focused Therapy (4mks)
 - ii. Psychodynamic Therapy (4mks)
 - iii. Humanistic Therapy (2mks)
 - iv. Interpersonal Therapy (4mks)

QUESTION TWO

- a) Explain the purpose of Ethical Codes in counselling (10mks)
- b) Identify and discuss at least two types of clients that may need referral (10mks)

QUESTION THREE

- a) Discuss how you will handle a client who is irrational (10mks)
- b) Explain the goals of psychoanalytic therapy (10mks)

QUESTION FOUR

- a) Critically analyze the importance of the following skills in counselling:
 - i. Empathy (5mks)
 - ii. Unconditional positive regard (5mks)
- b) Analyze the intervention strategies that can be used to assist high school students avoid abusing drugs (10mks)

QUESTION FIVE

- a) Discuss the characteristics of an effective counsellor (10mks)
- b) Using relevant examples, explain the importance of maintaining Analytical Framework in counselling (10mks)