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KIBABII UNIVERSITY

UNIVERSITY EXAMINATIONS

2020/2021 ACADEMIC YEAR

FIRST YEAR FIRST SEMISTER

SPECIAL/SUPPLEMENTARY EXAMINATION

FOR THE DEGREE OF BACHELOR OF EDUCATION ARTS

COURSE CODE: GAC111.

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

DATE: 24/09/2021

TIME: 2:00pm-4:00pm

INSTRUCTIONS TO CANDIDATES

Answer Question One and Any other two (2) questions

Time: 2hrs

This paper consists of 2 *Printed Pages*. Please Turn Over.

- 1) a) Explain the meaning of the following terms:
 - i. Competence (2mks)
 - ii. Exploration (2mks)
 - iii. Confrontation (2mks)
 - iv. Repression (2mks)
- b) Discuss the role of SUPEREGO in regulating someone's behavior. (8mks)
- c) Analyze factors that led to the development of Guidance and Counseling in Kenya (8mks)
- d) Explain why group counseling is encouraged in schools (6mks)
- 2) a) Discuss at least five types of counseling (10mks)
- b) discuss the role of a counselor in client-centered therapy (10mks)
- 3) a) explain the importance of follow-ups counseling process (10mks)
- b) Discuss the importance of seeking support from administration for Guidance and counseling program (10mks)
- 4) a) Identify **five** emerging issues in families that require counseling? (10mks)
- b) Explain the goal of rational emotive theory in counseling (10mks)
- 5) a) What is the view of human nature for client-centered therapy (5mks)
- b) Describe the role of a counselor in the above therapy (15mk)