



KIBABII UNIVERSITY

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR
FOURTH YEAR SEMESTER ONE**

MAIN EXAMINATION

**FOR THE DEGREE OF BACHELOR OF EDUCATION ARTS/SCIENCE
(PART-TIME)**

COURSE CODE: PSY 411

COURSE TITLE: GUIDANCE AND COUNSELING

DATE: 26/05/2022

TIME :2-4PM

INSTRUCTIONS TO CANDIDATES

Answer Question One And Any Other TWO (2) questions

TIME : 2 Hours

Question one

(30marks)

- a) Distinguish between guidance and counseling (8 marks)
- b) Describe four principles of guidance and counseling (8 marks)
- c) Explain three purposes of ethical standards for a counselor (6 marks)
- d) Discuss four counseling needs of high school students (8 marks)
- e) Describe three core conditions in the client-centred theory by Carl Rodges (6 marks)

Question two

(20marks)

- a) Discuss five techniques used in the psychoanalytic therapy (10 marks)
- b) Explain five strategies employed by the ego to reduce anxiety (10 marks)

Question three

(20marks)

- a) Explain five major sources that led to the growth of the guidance movement according to Traxler(1966) (10 marks)
- b) Discuss the functions of vocational guidance (10 marks)

Question four

(20marks)

- a) Discuss five elements found in the traditional group guidance set-up (10 marks)
- b) Using relevant examples, explain the guidelines for the use of confrontation by Egan (10 marks)

Question five

(20marks)

Describe five irrational ideas that cause emotional disturbances in schools? (10 marks)

- a) Discuss the role of the counselor in group guidance (10 marks)