



KIBABII UNIVERSITY
UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
FOURTH YEAR SEMESTER ONE
MAIN EXAMINATION

**FOR THE DEGREE OF BACHELOR OF EDUCATION ARTS/SCIENCE
(REGULAR)**

COURSE CODE: PSY 411

COURSE TITLE: GUIDANCE AND COUNSELING

DATE : 28/4/2023

TIME: 9.00AM-11.00AM

INSTRUCTIONS TO CANDIDATES

Answer Question One and Any other TWO (2) Questions

TIME: 2 Hours

Question one**(30 marks)**

Discuss the following as used in guidance and counseling:

- i. Differences between guidance and counseling (4mks)
- ii. Function of three elements found in traditional group guidance set up (6mks)
- iii. Three core conditions in Client-centered theory by Carl Rogers (6mks)
- iv. Three ways in which counseling took place in African Society (4mks)
- v. Five qualities of a good counselor (10mks)

Question two**(20 marks)**

Discuss the Rational Emotive Therapy (RET) of Albert Ellis under the following guidelines

- a) Self-defeating thoughts (5mks)
- b) Assumptions (4mks)
- c) Positive and rational ideas (5mks)
- d) Secondary school student needs that a counselor handles using the theory (6mks)

Question Three**(20 marks)**

Describe the following in school counseling:

- i. Steps in the counseling process (10mks)
- ii. Five roles/functions of a school counselor (10mks)

Question four**(20 marks)**

Using examples explain the following techniques as used by Humanistic Psychologists:

- a) The SOLER (10mks)
- b) Five counselor's strategies (10mks)

Question five**(20 marks)**

(a) Discuss five ethical standards a practitioner must put into consideration when working in a learning institution (10mks)

(b) Describe the role of the following in individual counseling

- i. The teacher (2mks)
- ii. The parent (2mks)
- iii. School administration (2mks)
- iv. Members of the community (2mks)
- v. Students (2mks)