



Kasarani Campus  
Off Thika Road  
P. O. Box 49274, 00101  
NAIROBI  
Westlands Campus  
Pamstech House  
Woodvale Grove  
Tel. 4442212  
Fax: 4444175

**KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATIONS, 2022/2023 ACADEMIC YEAR**  
**END OF SEMESTER EXAMINATIONS**  
**FOR THE DEGREE OF BACHELOR OF EDUCATION (ARTS)**  
**KEF 2207-EDUCATIONAL GUIDANCE AND COUNSELLING**

Date: 9<sup>th</sup> December 2022

Time: 2.30pm-4.30pm

**INSTRUCTION TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- a) Define the following terms :
- i) Guidance (2 marks)
  - ii) Counseling (2 marks)
  - iii) Counselee (2 marks)
- b) State any **five** characteristics of counseling identified by Cattle (5 marks)
- c) Explain **five** principles of guidance and counseling identified by the National Career Guidance and Counseling policy in Kenya, 2021 (5 marks)
- d) In your own words explain why guidance and counseling is a necessity in every learning institution (5 marks)
- e) Explain the meaning of **SOLER S** as used in counseling (5 marks)
- f) Highlight any **two** defense mechanisms identified by Sigmund Freud (4 marks)

**QUESTION TWO (20 MARKS)**

- a) Distinguish between guidance and counseling (4 marks)
- b) Examine the statement that, guidance and counseling philosophy focuses on the process of dialogue (8 marks)
- c) Discuss in detail the **five** major steps in a counseling process (8 marks)

**QUESTION THREE (20 MARKS)**

- a) Explain any **three** qualities of an effective counselor (6 marks)
- b) Examine any **five** skills of an effective counselor (6 marks)
- c) Discuss in detail **four** ethical principles of counseling that guide a counselor's decision making (6 marks)

**QUESTION FOUR (20MARKS)**

- a) Explain the concept of irrational thoughts as a cause of emotional maladjustment (6 marks)
- b) Examine **three** irrational thoughts which contribute to stress among learners ( 6 marks)
- c) Assume you are the head of guidance and counselling in your school, examine cognitive behaviour therapy (**CBT**) as a preferred method of helping a student's emotional challenges resulting from peer pressure (8 marks)

**QUESTION FIVE (20MARKS)**

- a) Justify the statement by Carl Rogers that, human beings have a self-actualizing tendencies (4 marks)
- b) Explain **four** conditions necessary for effective person centered counseling. (8 marks)
- c) Examine **four** principles of Person-Centered approach in counseling (8 marks)