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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: 25th July 2022

Time: 2.30pm-4.30pm

INSTRUCTION TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) What is the meaning of the following terms? (5 marks)
- i. Guidance
 - ii. Counseling.
 - iii. Psychotherapy
 - iv. Beneficence
 - v. Non maleficence
- b) State any five characteristics of guidance (5marks)
- c) Highlight any three defense mechanisms suggested by Freud which influences abnormal behavior of students (6marks)
- d) State four roles of a guidance and a counseling teacher (4marks)
- e) Explain three basic Principles of Counseling (6marks)
- f) Explain when you can refer a client to another counsellor (4 Marks)

QUESTION TWO (20 MARKS)

- a) Discuss any five differences between guidance and counseling (10marks)
- b) Examine five reasons why each school should have a functional office of guidance and counseling (10marks)

QUESTION THREE (20 MARKS)

- a) According to Carl Rogers people are naturally good and are able to solve their own problems. Justify this statement (4marks)
- b) Explain five the Principles of Person-Centered counseling theory developed by Carl Rogers (10marks)
- c) Discuss three core conditions that are necessary for effective person centered Counseling (6marks)

QUESTION FOUR (20 MARKS)

- a) Examine the **five** major steps of coming up with a school guidance and counselling program (10marks)
- b) Examine **five** justifications for the need of guidance and counseling office in a School (10marks)

QUESTION FIVE (20 MARKS)

- a) Explain two counselling goals of Rational Emotive Behavior Therapy (4marks)
- b) Examine three main types of techniques of counseling used in Rational Emotive Behavior Therapy (6marks)
- c) Explain five irrational thoughts students may have which need counseling (10marks)

