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GABA CAMPUS - ELDORET
MAIN EXAMINATION
SEPTEMBER – DECEMBER 2021 TRIMESTER
FACULTY OF ARTS AND SOCIAL SCIENCES
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
BCP 105: LIFE SKILLS IN COUNSELING

Date: December 2021	Duration: 2 Hours
Instructions: Answer Question ONE and any other TWO Questions	

QUESTION ONE

- a) Explain your understanding of Counselling Skills **(4 marks)**
- b) List four functions of counselling **(5 marks)**
- c) Briefly discuss any five characteristics of an effective counsellor **(10 marks)**
- d) List any four counselling skills **(8 marks)**

QUESTION TWO

Discuss any four counselling skills that you as a counseling would use to enhance understanding during your session with the clients. **(20 marks)**

QUESTION THREE

There are three stages in counselling process. Discuss the skills you would use in the action stage **(20 marks)**

QUESTION FOUR

Listening and silence are commonly regarded as passive rather than active skills. Discuss any four of the distracting factors that hinder them. **(20 marks)**

QUESTION FIVE

Discuss any four healthy personal habits that promote healthy living.

(20 marks)

END