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GABA CAMPUS - ELDORET

MAIN EXAMINATION

SEPTEMBER – DECEMBER 2022 TRIMESTER

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCE & DEVELOPMENT STUDIES

BACHELOR OF ARTS IN COUSELING PSYCHOLOGY

BCP 104: SELF AWARENESS AND PERSONAL DEVELOPMENT

Date: December 2022	Duration: 2 Hours
Instructions: Answer Question ONE and any other TWO Questions	

QUESTION ONE

- a) What is self-awareness? **(3 Marks)**
- b) List any six benefits of self-awareness **(6 Marks)**
- c) What is self-Concept **(3 Marks)**
- d) Explain your understanding by burnout in counselling **(8 Marks)**
- e) As a professional Counsellor, identify the importance of self-awareness for your professional development. **(10 Marks)**

QUESTION TWO

- a) Explain any as a counsellor, how you would recognize and avoid biased when working with the client in counselling session **(10 Marks)**
- b) Discuss the steps to good self-esteem. **(10 Marks)**

QUESTION THREE

- a) What are the importance of JOHARI window model of awareness in relations to counselling? **(10 Marks)**
- b) Discuss the importance of self-concept to self-development? **(10 Marks)**

QUESTION FOUR

- a) What are relationship enhancers in counselling? Explain the characteristics of these enhancers **(10 Marks)**
- b) With the assistance of a diagramme, explain the characteristics of a fully functioning counsellor **(10 Marks)**

QUESTION FIVE

Discuss the relationship between client harm and counsellor diminished self-awareness

(20 Marks)

END

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