



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

JANUARY – APRIL 2018 TRIMESTER

FACULTY OF EDUCATION

DEPARTMENT OF UNDERGRADUATE STUDIES IN EDUCATION

REGULAR / ODEL PROGRAMME

ED 401 / DED 501: GUIDANCE AND COUNSELLING

Date: APRIL 2018

Duration: 3 Hours

INSTRUCTIONS: Answer Question ONE and any other THREE Questions

- Q1. a) Define the following terms:
- i) counseling (2 marks)
 - ii) guidance (2 marks)
- b) Distinguish between individual and group counselling (2 marks)
- c) State any four goals of counselling (4 marks)
- d) Outline how JOHARI's window may help a counsellor explore the client's story (4 marks)
- e) Give five instances when referral may be recommended in counselling (5 marks)
- f) Briefly elaborate three significant personal traits desirable in a counselor (3 marks)
- g) Explain three ethical standards to be observed by a counsellor (3 marks)
- Q2. a) What is cognitive therapy? (2 marks)
- b) Explain four cognitive distortions and suggest ways of deal with them. (13 marks)
- Q3. Describe FIVE ingredients of psychological maturity (15 marks)

- Q4. Describe FIVE principal background factors responsible for the emergence and popularity of the modern counselling practice in Africa **(15 marks)**
- Q5. Explain how you will establish a viable guidance and counselling programme in your new station of employment **(17.5 marks)**
- Q6. Examine five counselling techniques that teacher counsellors can use to deal with drug abuse in schools **(17.5 marks)**

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