



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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**MAIN EXAMINATION**

**SEPTEMBER –DECEMBER 2021**

**FACULTY OF EDUCATION**

**DEPARTMENT OF UNDERGRADUATE STUDIES**

**REGULAR PROGRAMME**

**ED 401: GUIDANCE AND COUNSELLING**

**Date: DECEMBER 2021**

**Duration: 2 Hours**

**INSTRUCTIONS: Answer Question ONE and any TWO Questions**

- Q1. a) Differentiate use of 'empathy' and 'sympathy' in counselling (4 marks)  
b) Give three reasons why counselling is considered a 'psychological process' (6 marks)  
c) State the two major goals of counselling (2 marks)  
d) Outline four circumstances when a counsellor may break the confidentiality code of ethics (4 marks)  
e) Give five steps a counsellor may follow during referral of a client (5 marks)  
f) Briefly elaborate five principles adhered to in counselling (5 marks)  
g) Explain two ways in which appraisal service is rendered by the guidance and counselling department (4 marks)
- Q2. Using relevant examples, assess macro-skills and micro-skills a counsellor may use at any given counselling session. (20 marks)
- Q3. Explain FIVE counselling techniques that teacher-counsellors can use to deal with any selected crises in schools (20 marks)
- Q4. Evaluate FIVE behaviour modification techniques that school counsellors can recommend to school administrators. (20 marks)

Q5. Using clear examples show how you will establish an active guidance and counselling programme in your new station of employment **(20 marks)**

Q6. Describe FIVE key ingredients of psychological maturity proposed by diverse Client-centered approach theorists. **(20 marks)**

**\*END\***