



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY

SCHOOL OF HEALTH SCIENCES

**UNIVERSITY EXAMINATION FOR THE BACHELORS DEGREE IN COMMUNITY
HEALTH AND DEVELOPMENT**

2ND YEAR 1ST SEMESTER 2019/2020 ACADEMIC YEAR

COURSE CODE: HCB 3321

COURSE TITLE: COMMUNITY BASED COUNSELING

EXAM VENUE:

DATE:1/12/20

TIME: 3 HOURS EXAM SESSION-9-12 NOON

Instructions

1. Answer all the questions in section A and two questions in section B

1. Candidates are advised to write on the text editor provided, or to write on a foolscap, scan and upload alongside the question.
2. Candidates must ensure that they submit their work by clicking 'FINISH AND SUBMIT ATTEMPT' button at the end.

SECTION A.

1. Highlight the characteristics of counselling (3mks)
2. Briefly explain the constituent's activities of counselling (3mks)
3. List the skills of counselling (3mks)
4. Briefly state the role of counselling. (3mks)
5. Briefly highlight the process of pre-test counselling. (3mks)
6. State three ways by which one can improve their self- esteem (3mks)
7. State **three** signs and symptoms of harmful effects of stress in one's body (3mks)
8. What is your understanding of the following terms in mental health (3marks)
 - a) Bipolar disorder
 - b) Eating disorder
 - c) Obsessive-compulsive disorder
9. Explain Systematic desensitization as a technique used by behaviorist counsellors (3mks)
10. Give **three** points on post discharge counseling to a hypertensive patient (3marks)

SECTION B

1. a) Explain the role of counselling in the social dynamics in Kenya (10mks)
b) In detail explain the qualities of a trained counsellor. (10mks)
2. a) Define substance abuse counselling (2 marks)

b) Describe the relevance of a substance abuse counsellor in the community (8 marks)

c) Substance abuse is common among young generation in Kenya, As a public health how do you carry out community counselling (10 marks)
3. i) Describe in details the multicultural counselling. (10mks)

ii) Explain the principles of counselling. (10 mks)
4. Discuss in details the differences between Guidance and counselling (20mks)