



**JARAMOGI ODINGA OGINGA UNIVERSITY OF SCIENCE AND
TECHNOLOGY**

SCHOOL OF EDUCATION HUMANITIES & SOCIAL SCIENCES

**UNIVERSITY EXAMINATIONS FOR THE DEGREE OF BACHELOR OF
EDUCATION (ARTS, SCIENCE, SPECIAL NEEDS EDUCATION AND EARLY
CHILDHOOD DEVELOPMENT EDUCATION) WITH IT**

4THYEAR, 2ND SEMESTER FOR ACADEMIC YEAR 2021/2022

MAIN CAMPUS

REGULAR AND INSTITUTIONAL BASED

COURSE CODE: ECB 2406

COURSE TITLE: GUIDANCE AND COUNSELLING

EXAM

STREAM:

DATE: 23/12/2022

EXAM SESSION: 9.00-11.00AM

TIME: 2.00 HOURS

INSTRUCTIONS TO CANDIDATES:

1. Answer **Question ONE** (COMPULSORY) and ANY other TWO questions.
2. Candidates are advised not to write on the question paper.
3. Candidates must hand in their answer booklets to the invigilator while in the examination room.

QUESTION 1

(a) Define the following terms as used in Guidance and Counselling

- i. Dual relationship
- ii. Ethical issues
- iii. Unfinished business
- iv. Guidance
- v. Counselling (5 marks)

(b) Distinguish between guidance and counselling (10 marks)

(c) Briefly explain the importance of counselling (6 marks)

(d) Confidentiality is a key ethical issue in counselling. Giving examples, explain three circumstances under which confidentiality can be broken (6 marks)

(e) Explain three signs that a learner who needs may show. (3 marks)

QUESTION 2

(a) Guidance and counselling is inevitable in the Kenya schools today. Support this view. (10 marks)

b) Explain five counselling skills a counsellor would adopt during counselling process. (10 marks)

QUESTION 3

(a) Discuss five ethical principles of counselling and psychotherapy (10 marks)

b) Explain ten qualities of a good counsellor. (10 marks)

QUESTION 4

(a) Identify and discuss three therapy techniques used in counselling as proposed in Psychoanalysis theory. (6 marks)

b) Account for the fact that Guidance and Counselling has become a professional field in Kenya today. (12 marks)

c) Explain the meaning of the “Right to Informed Consent” (2 marks)

QUESTION 5

(a) A high school student is doing poorly in Mathematics and gives an excuse that Mathematics is difficult. Using techniques from REBT, explain how you as a counsellor would help the student (15 marks)

b) Briefly explain five tips to good listening during the counselling process. (5 marks)