



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES**

**UNIVERSITY EXAMINATION FOR THE DIPLOMA OF
COMMUNITY HEALTH AND DEVELOPMENT**

2NDYEAR 1ST SEMESTER 2017/2018

MAIN CAMPUS

COURSE CODE: HDC 2212

COURSE TITLE: COMMUNITY BASED COUNSELLING

EXAM VENUE: DIPLOMA IN COMM HEALTH AND DEVP

DATE: xxxxx EXAM SESSION: xxxxx

TIME: 1.30 HOURS

Instructions:

- 1. Answer all questions in section A and any other 2 questions in Section B.**
- 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**

SECTION A: Answer all questions in this section (30 marks)

1. Explain the
 - a) Importance of Counselling
 - b) The importance of Education in Counselling
 - c) The relevance of application of Counselling Techniques during Counselling sessions; (3 Marks)
2. Briefly explain the meaning and importance of the acronym SOLER as used in Counselling. (3 Marks)
3. What is your understanding of the following:
 - a) A “theory”
 - b) Transpersonal
 - c) Why Counselling Theory? (3 Marks)
4. Mention the Three Elements of the self Concept. (3 Marks)
5. When one is Stressed, there are ways of managing the situation. Mention Three management Strategies (3 Marks)
6. Highlight any Six types of Counselling. (3 Marks)
7. Explain any Three benefits of Selfawareness (3 Marks)
8. Highlight any Six qualities of a good Counsellor. (3 Marks)
9. Explain the difference between
 - a) Guidance and Counselling
 - b) Immediacy and Confrontation
 - c) Self concept and Self Esteem (3 Marks)
10. Explain any Three Ethical principles in counselling (3 Marks)

SECTION B Answer any two Questions (30 Marks)

11. During the Counselling process, there are various stages the counselor supports the client to go through, discuss and give relevant skills to be applied.
12. Theories provides basis upon which counselling practice is founded; Psycho-Analytic theory was founded by a Jew who lived in Germany, the fother of psychology.
 - a) Explain its Basic Assumptions (5 Marks)
 - b) Psycho-sexual stages (10Marks)
13. Selfawareness is an important tool for an individual go get an indepth understanding of him/herself.
 - a) Highlight Five self awareness Questions for personal reflection? (5 Marks)
 - b) How does an individual become self aware (5 Marks)
 - c) Explain briefly the benefits of selfawareness (5 Marks)
14. Discuss by giving atleast Eight reasons with examples why Counselling is so impotent for us.