



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF EDUCATION, HUMANITIES AND SOCIAL SCIENCES**

**UNIVERSITY EXAMINATION FOR LEVEL 6 IN COUNSELING PSYCHOLOGY
2ND Year 1ST SEMESTER 2024/2025 ACADEMIC YEAR
MAIN REGULAR**

COURSE CODE: PSY/CU/CO/CR/07/6

COURSE TITLE: Provide Guidance and Counselling in Learning Institutions

EXAM VENUE: STREAM: Counselling Psychology Level 6

DATE: EXAM SESSION: January, 2025

TIME: 2.00 HOURS

Instructions:

This assessment requires you to demonstrate competence against unit of competency: **Provide Guidance and Counselling in Learning Institution**

- i. Marks for each question are indicated in the brackets.
- ii. The paper consists of **TWO** sections: **A** and **B**.
- iii. Candidates are provided with a separate answer booklet
- iv. **DO NOT** write on this question paper
- v. Candidates must hand in their answer booklets to the invigilator while in the examination room

SECTION A [40 MARKS]

Answer all questions

1. Guidance and counselling play an essential role in effective teaching and learning in institutions. Identify any FOUR roles of guidance and counseling in schools. (4 Marks)
2. Guidance and counseling are important in learning institutions in helping students solve their problems. The two however are different. Mention FOUR differences between guidance and counseling (3 Marks)
3. Confidentiality is key in guidance and counselling to enable a client to freely share, but some situation may force a counselor to break confidentiality. Highlight THREE reasons that may propel a counselor to break confidentiality. (3 Marks)
4. Collaboration with stakeholders is crucial for effective guidance and counseling in learning institutions. Mention FOUR stakeholders you as a counselor in a public secondary school may engage in delivery of guidance and counseling services (4 Marks)
5. You have discovered that many students in your institution are struggling with HIV/AIDS stigma. Mention THREE goals of HIV/ AIDS for guidance and counseling in your institution (3 Marks)
6. In your termly group guidance and counselling program you always reserve three slots for psychoeducation. State any FOUR topics for psychoeducation (4 Marks)
7. Social guidance is a type of guidance. Identify other FOUR types of school guidance (4 Mark)
8. After handling clients with diverse counseling issues for six weeks john the school counselor realized that he needed to seek supervision. Highlight FOUR goals of supervision (4 Marks)
9. Coaching and mentorship are very instrumental in effective guidance in learning institutions. Differentiate the two terms by giving their meanings (2 Marks)
10. Counselling skills are key element in helping client feel safe and secure in a counselling session. Mention FOUR skills applicable in a group counselling session (4 Marks)
11. A college student requires to be referred to Alcoholic Anonymous (AA). State TWO purposes of support groups such as AA (2 Marks)
12. You have had a first session with jane on issues concerning academic performance and realized she needs four more sessions. Identify THREE ways in which you would terminate the guidance and counselling session (3 Marks)

SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

13. Counselor Lucy has been having sessions with James who has been experiencing serious academic challenges following the death of the father six months ago. Counselor Lucy realizes that she is not helping James to attain the much needed help and decides to refer him for effective support.
- Discuss FIVE reasons that may make a counselor to give a client a referral (10 Marks)
 - Discuss FIVE factors to consider when making the referral (10 Marks)
14. Mary a 17-year-old adolescent student in form 2 is having problems coping with school life that has left her feeling hopeless. As a counselor, you have realized that the underlying challenge for Mary is due to her developmental stage
- Explain any FIVE counseling tools you are likely to use during guidance and counseling (5 Marks)
 - Discuss THREE main developmental needs for Mary to be explored (9 Marks)
 - Discuss FOUR developmental strategies you will use for effective support for Mary (6 Marks)
15. Linet a university student is in a romantic relationship with Felix who is a fellow student. The relationship is stressful for Linet since she has to cook, wash and attend to the needs of Felix as a wife. This denies her time for studies and personal relationships. She feels she can't move out because Felix is everything for her. Cognitive behavioral Theory can be applied to assist Linet
- Explain the cognitive Behavioral theory (8 Marks)
 - Describe process of how you would apply the theory to assist Linet (12 Marks)
16. The Guidance and Counselling Coordinator from Maranda High school has invited you to have a group counselling session with a group of ten students who are experiencing difficulties to cope up due to drug and alcohol use addiction. You have been assigned to guide and counsel the students after they have been released from the disciplinary committee.
- Discuss FIVE stages of a group counselling sessions (10 Marks)
 - Discuss FIVE advantages of group counselling over individual counselling. (10 Marks)

END