

UNIVERSITY OF SWAZILAND



FACULTY OF CONSUMER SCIENCES

FINAL EXAMINATION PAPER MAY 2017

TITLE OF PAPER: COUNSELLING

COURSE CODE: FRHD 405

TIME ALLOWED: TWO (2) HOURS

INSTRUCTIONS: THERE ARE THREE SECTIONS IN THIS PAPER – SECTIONS A, B, AND C

SECTION A AND B ARE **COMPULSORY**. CHOOSE **ONE** (1) QUESTION FROM SECTION C

TOTAL MARK ALLOCATION: 100

DO NOT OPEN THIS QUESTION PAPER UNTIL TOLD TO DO SO BY THE CHIEF INVIGILATOR

111

SECTION A: COMPULSORY (50 marks)

Multiple Choice Questions

INSTRUCTIONS

You are to write all your answers in your examination booklet provided. Read the following instructions carefully.

1. This examination section contains 25 multiple choice questions, each worth **2** points.
2. On this Multiple-Choice examination each question or item is followed by a series of possible answers or choices.
3. Read each question and decide which answer or choice is **best**.
4. Write **only the letter** of the best choice in your answer booklet with your PEN.
5. Write **LEGIBLY**.
6. Cross out any answers you wish to change and write afresh. **DO NOT USE CORRECTIONAL FLUID. Use of correction fluid will result in you getting a zero for the given question.**
7. Answer all questions. Your examination score will be based on the number of questions you answer correctly. There is no penalty for guessing.
8. This examination paper contains 10 pages including the cover page.

1. The definition of the concept of guidance includes the following descriptive words, except which one?
 - a. directing
 - b. leading
 - c. influencing
 - d. disciplining

2. Thusi volunteers to coach a seventh grade football team? He notices that one of the players does not seem to get along with the other members of the team. He begins to use his helping skills to try to provide counselling services to this child before and after practice. Jimmy talks about the player's problems with the parents of the other team members because he wants to try and help the child. Which ethical principle could Thusi be violating?
 - a. Autonomy
 - b. nonmaleficence
 - c. justice
 - d. fidelity

3. Which of the following best determines the outcome of any counselling process?
 - a. the skills of the counsellor
 - b. the theory used by the counsellor
 - c. the quality of the relationship between the counsellor and the client
 - d. how hard the client works in counselling

4. _____ is not a core characteristic of helpful counselling relationships
 - a. genuineness
 - b. empathy
 - c. unconditional positive regard
 - d. high quality advice giving

- 5. Counselling is a profession that aims to:
 - a. promote personal growth and productivity
 - b. provide a successful diagnosis in psychology
 - c. ensure that clients are on the correct medication
 - d. solely address behaviour

- 6. Albert Ellis developed a theory known as the:
 - a. Social Learning Theory
 - b. Rational-Emotive-Behaviour-Therapy
 - c. Psychodynamic Theory
 - d. Person-Centered Therapy

- 7. _____ can be useful in relating to real life experiences that learner is likely to relate to easily hence an effective technique of teaching guidance and counselling.
 - a. Role play
 - b. Debates
 - c. Case studies
 - d. Mind-mapping

- 8. _____ is not a personal quality of an effective counsellor
 - a. Genuine interest in others
 - b. Being empathic
 - c. Non-judgmental attitude
 - d. Sympathetic behaviour for others

- 9. The following are ethical principles in counselling except which one?
 - a. Justice
 - b. Autonomy
 - c. Fidelity
 - d. Fairness

10. Mrs Thwala gave a presentation on the dangers of drugs to Form ones (1s), it means that she was giving learners some _____.
- guidance
 - counselling
 - advice
 - motivation
11. Which of the following is not a factor that necessitated guidance and counselling in Swaziland?
- massive expansion of the education system
 - increase in opportunities of employment
 - increase in social problems
 - changes in social and cultural support systems
12. When one assist learners to choose subjects according to the fields of work they would like to follow after completing high school. They are offering _____ guidance.
- Educational
 - Career/vocational
 - Personal/ vocational
 - Social/vocational
13. Helping a learner adjust to a new environment falls under which goal or function of the Guidance and Counselling Programme?
- developmental
 - remedial
 - preventative
 - crisis intervention
14. Which of the following statements best describes Career development?
- process enrolling in a college
 - a life-long process of choosing a career from many available occupations and progressing in that career
 - passing your examinations
 - process of securing employment and promotion

15. Individuals can be divided into six basic personalities according to which Theory of Career Development?

- a. Holland's Typology Theory
- b. Super's Developmental Theory
- c. Krumoltz's Social Learning Theory
- d. Life Skills

Refer to **Case Study 1.1: Child Abuse Counselling Intervention: The Case of Mary** for questions 16 to 18 below:

Case Study 1.1: The Case of Mary

In one urban school in Swaziland, a teacher noticed that despite the warm weather; Mary wore her school jersey all the time. The teacher became concerned and asked why, Mary said she never felt hot. This continued into summer and she called Mary to her office and asked her to take off her jersey. Mary started crying as she was taking it off because she had fresh burn marks that had stuck to the jersey. The teacher told her that she had to tell the school guidance and counselling teacher; the principal; the police, because what Mary was experiencing, was abuse. Mary was afraid, for she thought the perpetrator; her mother, would kill her. The head called the school guidance and counselling teacher and the police. The school guidance and counselling teacher introduced herself to Mary and told her that they had to tell a social worker; who had to take her to a safe place after listening to her story. She told her that although their conversation would be kept confidential, she had to tell the social worker for her to be able to assist her and her young brother; who was experiencing the same abuse. Mary disclosed that each time she and her brother did not do house hold chores well or did anything that infuriated their mother she would switch on the iron and burn their hands, arms, buttocks, and back. They had iron marks all over their backs, hands and thighs. The mother had marital problems, and seemed to have used the children to vent her frustrations. Her husband had moved out to stay with another woman. The children were taken to the children's home for few days until the social worker had contacted their father. The children underwent several counselling sessions. The mother was said to have a mental problem and had to undergo therapy.

16. Mary's mother vented her anger on the learners mainly because:
- their father had left to live with another woman and there was a discipline problem in the home
 - she could not control her anger and frustration when they did not do their household chores well or made her angry
 - the learners were reluctant to fulfill household chores since their father had left to live elsewhere
 - she was afraid the social worker would place the learners in a place of safety.
17. The problem in Mary's house was initially identified as a result of the fact that:
- Mary and her brother told the teacher everything
 - the teacher saw marks on Mary's body in summer when she did not wear a jersey
 - Mary refused to take off her Jersey, even in the warm summer weather
 - the two learners informed their father that they were being abused by their mother
18. The school guidance and counselling teacher referred the learners for further counselling because:
- their mother abused them merely because they neglected their household chores.
 - their father had left to live with another woman and wanted them to join him.
 - they no longer wanted to stay with their mother and wanted to join their father.
 - they had to treat effects of abuse and prevent further abuse.
19. _____ assumes that counselling problems are a result of irrational thoughts that an individual attaches to a given situation.
- Behavioural Therapy
 - Client-centred Theory
 - Rational Emotive Behaviour Therapy
 - Multicultural counselling

20. Guidance and counselling services in Swaziland schools tend to focus on:
- a. life skills education
 - b. diagnostic assessment
 - c. career and HIV/AIDS aspects only
 - d. infusion and integration of guidance and counselling as an integral part of the curriculum

21. The founder of Person Centered Therapy is:

- a. Carl Rogers
- b. Albert Ellis
- c. John Holland
- d. Sigmund Freud

22. In using the skill of confronting, a counsellor should avoid

- a. Challenging specific behaviours
- b. Labelling the person
- c. Sharing how he or she feels about the person's behaviour.
- d. All of the above

23. A boy is acting out at home and at school. The counsellor helps the boy to identify the thoughts the boy has that are causing him to feel angry and act out. The counsellor is probably practicing from which theoretical perspective?

- a. Family Systems
- b. Psychodynamic
- c. Cognitive-Behavioural
- d. all of the above

24. Where is career counselling most often provided?

- a. primary and secondary schools and postsecondary institutions
- b. one-stop career centres and vocational rehabilitation settings
- c. private and public employment service settings
- d. all of the above

25. The following are ethical issues in school counselling except
- a. Confidentiality
 - b. Danger to Self and Others
 - c. Parents/ Guardians and Confidential
 - d. Justice for all

SECTION B: COMPULSORY

Question 1 (25 marks)

Discuss the following terms as used in Guidance and Counselling giving concrete examples:

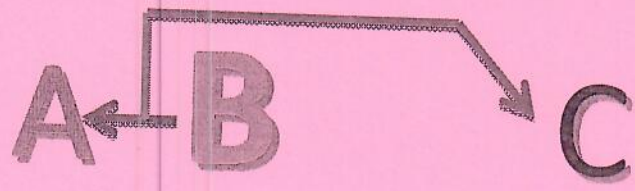
- a. Guidance (5 marks)
- b. Counselling (5 marks)
- c. Non-judgemental attitude (5 marks)
- d. Transference (5 marks)
- e. Countertransference (5 marks)

SECTION C

Answer One (1) question from this section

Question 1 (25 marks)

- I. Use the figure below to explain how counsellors use ABC model in Cognitive-Behavioural Theory, to bring about change in clients. (5 marks)



- II. A man's wife just came home from shopping and she seems angry and on edge. The man concludes that his wife is angry with him, and immediately feels sad and withdrawn. What is the Activating Event in this situation? (3 mark)
- III. Using this same scenario (question II above), list a possible irrational belief or negative self-talk that might have caused the man to feel sad and withdrawn. (3 mark)
- IV. What specific Cognitive-Behaviour technique can you use to assist the man to understand more on his interpretation of what is going on with the wife? (4 marks)
- V. What are the **five** (5) major characteristics of Albert Ellis' Rational Emotive Behaviour Therapy? (10 marks)

Question 2 (25 marks)

Using Super's Developmental Theory, explain how the self-concept plays a very important role in an individual's career development from birth to retirement age.