



2<sup>ND</sup> SEM. 2018/2019

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**UNIVERSITY OF ESWATINI**

**RE-SIT EXAMINATION PAPER**

- PROGRAMME** : **BACHELOR OF SCIENCE IN CONSUMER SCIENCE AND CONSUMER SCIENCE EDUCATION YEAR IV**
- COURSE CODE** : **CED404/FRHD 405**
- TITLE OF PAPER** : **COUNSELLING**
- TIME ALLOWED** : **TWO (2) HOURS**
- INSTRUCTION** : **THERE ARE THREE (3) SECTIONS IN THIS PAPER – SECTIONS A, B, AND C**
  - ALL QUESTIONS IN SECTIONS A AND B ARE COMPULSORY
  - CHOOSE ONE (1) QUESTION FROM SECTION C

**DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR**

**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 marks.
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 that 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 exam paper contains 8 pages including the cover page.

1. With respect to the role of the values of the counselling process, it is most accurate to state that:
  - A. counselling can best be considered as teaching and persuading clients to act the right way
  - B. counsellors would do well to maintain a passive role by simply listening to everything the client reports
  - C. counsellors should avoid challenging the values of their clients.
  - D. counsellors avoid imposing their values, but they are likely to expose their values to clients.
  
2. Which of the following is not a core characteristic of helpful counselling relationships?
  - A. genuineness
  - B. empathy
  - C. unconditional positive regard
  - D. high quality advice giving
  
3. The definition of the concept of guidance includes the following descriptive words, except which one?
  - A. directing
  - B. leading
  - C. influencing
  - D. disciplining
  
4. Which humanistic approach emphasizes the basic attitudes of the therapist as the cause of the therapeutic process?
  - A. cognitive –behavioral therapy
  - B. family systems therapy
  - C. person-centered therapy
  - D. psychoanalytic therapy

5. A student who comes to find out about his/her aptitude test results would be assisted using which scope of Guidance?
- A. educational guidance
  - B. personal guidance
  - C. social guidance
  - D. career guidance
6. Helping someone adjust to a new environment falls under which goal or function of the Guidance and Counselling Programme?
- A. developmental
  - B. remedial
  - C. preventative
  - D. crisis intervention
7. Which of the following counsellor skills is not used in the counselling process?
- A. active listening
  - B. clarifying
  - C. sympathizing
  - D. attending
8. The counsellor's positive attitudes essential for the counselling process are taken from which theory of counselling?
- A. Behavioural Therapy
  - B. Client-centred Theory
  - C. Rational Emotive Behaviour Therapy.
  - D. Multicultural counselling
9. One of the following the following counselling theories explains that counselling problems are a result of irrational thoughts :
- A. Behavioural Therapy
  - B. Client-centred Theory
  - C. Rational Emotive Behaviour Therapy
  - D. Multicultural counselling

10. Self-awareness under life skills education enables individuals to recognise and understand all the following, except which one?

- A. personal abilities
- B. desires
- C. strengths and weaknesses
- D. self-appreciation

11. A person-centered Counsellor's role would best be described as a

- A. coach
- B. facilitator
- C. expert
- D. teacher

12. Unconditional positive regard means:

- A. liking everyone equally
- B. verbalizing a lot of validation to clients
- C. accepting a client despite his or her behaviour
- D. accepting everything a client does

13. Which of the following would not be used in Person-centered counsellor?

- A. Diagnosis
- B. Empathy
- C. Unconditional positive regard
- D. Genuineness

14. Counsellors who help clients understand, accept, and resolve problems by using basic counselling techniques so that their clients can lead more satisfying, well-adjusted lives are providing:

- A. group counselling
- B. personal counselling
- C. career counselling
- D. vocational guidance

15. The founder of Person-centered theory is:
- A. Carl Rogers
  - B. Albert Ellis
  - C. John Holland
  - D. Sigmund Freud
16. Assertiveness is generally defined as the ability to
- A. make other people forcefully agree with you in a discussion
  - B. habitually submit to other people's requests and demand
  - C. confidently and clearly express your opinion calmly and politely
  - D. make sure you get your own way in most discussions
17. In consulting with a teacher about disciplinary problems in the teacher's classroom, a guidance and counselling teacher demonstrates keen interest in the teacher's various concerns by listening and empathizing with her. By doing this the guidance and counselling teacher is assuming the role of
- A. a supervisor
  - B. social justice personnel
  - C. a collaborator
  - D. a helper
18. Interpretation and corrective emotional experiences are techniques of which theoretical approach:
- A. Family Systems
  - B. Psychodynamic theories
  - C. Cognitive-behavioural theories
  - D. all of the above
19. According to Super's Life Span Career theory the exploring stage includes the following except:
- A. fantasy
  - B. tentative
  - C. reality testing
  - D. knowledge about job enjoyed

20. Career counselling was originally called
- A. Counselling
  - B. Vocational guidance
  - C. Job and vocational exploration
  - D. Person's counselling
21. The client's right to keep the counselling relationship secret is
- A. Confidentiality
  - B. Their business
  - C. Privacy
  - D. The client's responsibility
22. Counsellors who help clients understand which family member is likely to blame for the problems are probably working from the:
- A. Family systems perspective
  - B. Person-centered perspective
  - C. Systems perspective
  - D. None of the above
23. Counselling that focuses on the realm of the counslee's work life would be defined as
- A. group counselling
  - B. personal counselling
  - C. career counselling
  - D. vocational guidance
24. Which theory emphasizes the role of the individual in solving the problem affecting a unit?
- A. Family Systems.
  - B. Psychodynamic theories.
  - C. Cognitive-behavioural theories.
  - D. All of the above.

25. A major contribution of the Bowen's theory is the notion of:
- birth order as a determinant of personality.
  - differentiation of the self
  - family rules and communication
  - spontaneity, creativity, and play as therapeutic factors

### SECTION B: COMPULSORY

#### Question 2 (25 marks)

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

- Guidance (4 marks)
  - Counselling (4 marks)
  - Teaching with infusion/integration (4 marks)
  - Congruence (4 marks)
- Transference and countertransference are both normal phenomena that may arise during the course of the therapeutic relationship. Understanding these phenomena in counselling is important because the primary focus of counselling is the counsellor-client relationship. Distinguish between transference and countertransference in light of your own understanding of counselling using concrete examples (8 marks)
  - List one negative personal attribute you may have which may get in the way you deal with clients in school and community settings (1 mark)

### SECTION C:

Answer one (1) question from this section

#### Question 3 (25 marks)

- List any five (5) personal qualities of an effective counsellor. (5 marks)
- For each of the listed personal qualities, in I explain how each is relevant for a counselling relationship. (20 marks)



**Question 4 (25 marks)**

I. Outline **five (5)** effective methods of teaching guidance and counselling.

(5 marks)

II. Discuss each of the **five (5)** methods of effective teaching of guidance and counselling giving concrete examples.

(20 marks)

**Question 5 (25 marks)**

I. How can the kind of job categorization system advanced by Holland be used in helping learners in Eswatini make up their minds about careers they aspire to join in future?

(25 marks)

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