UNIVERSITY OF SWAZILAND

FACULTY OF EDUCATION

BACHELOR OF EDUCATION (ADULT EDUCATION) YEAR IV FINAL EXAMINATION MAY/JUNE 2009

TITLE OF PAPER

COUNSELLING AND GUIDANCE IN

ADULT EDUCATION I AND II

COURSE NUMBER

IDE BAE 307-I AND II

TIME ALLOWED

THREE (3) HOURS

INSTRUCTIONS:

1. ANSWER ALL QUESTIONS IN SECTION A AND ANY FOUR QUESTIONS FROM SECTION B

2. ANSWERS SHOULD BE WRITTEN IN THE BOOOKLET PROVIDED

THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION TO DO SO, HAS BEEN GRANTED BY THE INVIGILATOR.

SECTION A

Answer all the questions in this section.

- 1. All the statements below are true of guidance EXCEPT that it
 - a. is knowledge based
 - b. involves instructing the client
 - c. gives information to the client
 - d. is a single event
- 2. Which counselling theory says that individuals learn unproductive behaviours?
 - a. Reality theory
 - b. Behaviour theory
 - c. Psychoanalytical theory
 - d. Rational Emotive theory (RET)
- 3. Which of these statements is <u>NOT</u> true of counselling?
 - a. It is a process
 - b. Sympathising with the client
 - c. Giving the client an assignment to do
 - d. Client talking most of the time
- 4. Which of these is true of psychoanalytical theory?
 - a. Bad behaviour is learnt
 - b. People are born with behavioural problems
 - c. Problems are a result of forces that lie buried in the subconscious mind
 - d. We have problems because of the way we think about events that take place in our lives
- 5. "Self Talk" can be best described as
 - a. Telling other people what a wonderful person you are
 - b. Talking loudly to yourself
 - c. Talking in your sleep
 - d. Interpreting happenings in a way harmful to yourself
- 6. When a counselling theory is said to be Non-directive, it means
 - a. There is no solution to the client's problem.
 - b. The counsellor must tell the client what to do
 - c. The counsellor must help a client find a solution to the problem
 - d. Using the theory in counselling will lead to a direct and easy solution to the problem

- 7. Client centred Therapy requires the counsellor to
 - a. Create an environment in which the client feels accepted.
 - b. Provide a role model for the client to emulate'
 - c. Work out steps to reinforce desirable behaviour
 - d. Help the client find out who he is.
- 8. Which of the following is NOT a responsibility of the counsellor?
 - a. Listening to the client
 - b. Making decisions for the client
 - c. Encouraging the client to speak
 - d. Giving the client information
- 9. How does a counsellor build trust in a client?
 - a. Sympathise with the client
 - b. Show liking for the client
 - c. Show acceptance of the client
 - d. Embrace the client
- 10. Psychotherapy means that a client must be helped to solve a problem through
 - a. Confinement to an institution
 - b. Medication
 - c. Discussion
 - d. Being left to do whatever the client wants

[20 marks]

SECTION B

Answer any Four (4) questions in this section.

1. a) What is guidance? [4 marks] Enumerate and describe any four (4) basic principles of guidance b) $4 \times 4 = 16$ marks - The state of the [Total = 20 marks]2. Discuss any two procedures of Behavioural Counselling Theory a) $2\times4=8$ marks b) Describe how you would apply this approach to handle a client with a habit of overspending and is therefore always borrowing money. 12 marks Total 20 marks 3. Enumerate and discuss any four (4) qualities required of an effective counsellor, showing the importance of each quality in the counselling process. $4 \times 5 = 20$ marks Both directive and client-centred counselling are directed towards helping the 4. client achieve development of his/her potential. Discuss [20 marks] Discuss the procedures and uses of Rational Emotive Theory (RET) of 5. a) counselling in the guidance and counselling of adults. (10 marks) Describe how you would apply this approach in a setting of your choice. b)

Total = 20 marks

6. In the context of HIV/AIDS counselling, enumerate and explain fully the role and importance of

a) Pre-test counselling

(10 marks)

(10 marks)

b) Post-test counselling

(10 marks)

[Total 20 marks]