

UNIVERSITY OF SWAZILAND



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATIONS PAPER DECEMBER 2015

TITLE OF PAPER: FOUNDATIONS OF GUIDANCE AND COUNSELING

COURSE NUMBER: EDF 632

TIME ALLOWED: THREE (3) HOURS

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

SECTION A AND B ARE COMPULSORY. CHOOSE ONE
QUESTION FROM SECTION C.

TOTAL MARK ALLOCATION: 100

**Do not open this question paper until you are told to do so by the chief
invigilator**

SECTION A: COMPULSORY

Multiple Choice Questions

INSTRUCTIONS

You are to write all your answers in your exam booklet provided. Read the following instructions carefully and use the sample below as a guide.

1. This exam section contains 40 multiple choice and True or False questions, each worth 1 point.
2. On this Multiple-Choice and True or False exam 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. [Make sure you read thoroughly any special instructions that may apply to a given portion of the exam.]
4. Write 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.**
7. Answer all questions. Your exam score will be based on the number of questions you answer correctly. There is no penalty for guessing.

Review the example below to see the right way to present your best answer or choice. This is a **SAMPLE** question. Do not answer this question in YOUR answer booklet. Choice "A" is the correct answer.

QUESTION #1: The following are characteristics of a good leader but...

- A. crowd pleaser
- B. confronts
- C. patient
- D. organized

RIGHT WAY!

1. A

WRONG WAY

1. ☒ A X

1. Which theorist emphasized the concept of unconditional positive regard?
 - A. Albert Ellis.
 - B. Sigmund Freud.
 - C. Willam Glasser.
 - D. Carl Rogres.

2. Behavioral counseling is based on the theory that human development is primary a function of individual's
 - A. progression through a series of stages.
 - B. growing mastery over unconscious.
 - C. interaction with the environment.
 - D. internalized sense of self-worth.

3. Four high school students have been meeting regularly with a guidance and counseling teacher. The guidance teacher uses an activities-based approach to foster students' development of social skills. Which of the following actions by the guidance teacher would most likely have a disruptive effect on current group processes?
 - A. meeting on a different day of the week.
 - B. adding a new member to the sessions.
 - C. increasing the length of meetings.
 - D. rearranging the chairs in the classroom.

4. A guidance and counseling teacher in a lower primary class will be working with a 4-year-old child whose parents recently died. For a child at this developmental, level, the counselor's best approach would be to use
 - A. group counseling techniques to reestablish a sense of connection.
 - B. psychodynamic techniques to elicit personal insight.
 - C. creative art techniques to facilitate emotional expression.
 - D. creative art techniques to facilitate grief.

5. A grade 8 student who is failing three subjects makes an appointment to see the school guidance and counseling teacher. After discussing the student's academic history, the best initial action for the guidance teacher to take would be to
- A. advise the parent or guardians to contact a private tutor and schedule follow up meetings with the student.
 - B. assist the student in developing time management and study schedule and set up weekly progress checks.
 - C. reschedule the student in less demanding classes and notify teachers of the changes.
 - D. initiate procedures of speaking to the subject teachers to let them know about the student needs.
6. Which of the following roles would be appropriate for a peer helper in a high school peer helper program?
- A. increasing students' awareness of available resources.
 - B. organizing students' meetings for the guidance and counseling teacher.
 - C. facilitating a group meeting for students' independently.
 - D. making decision for students not sure what to do.
7. When choosing career development materials for use at form 3 level, a guidance and counseling teacher should focus on materials that facilitate students'
- A. selection of specific career options.
 - B. acquisition of particular career skills.
 - C. exploration of career clusters.
 - D. formulation of career goals.
8. A high school guidance and counseling teacher decides to consult with parents and guardians of a group of adolescents identified as at-risk based on their behavior. Which of the following should be the school counselor's primary goal for these interactions?
- A. telling the parents and guardians that their children should improve their behavior or administrative action will be taken.
 - B. informing the parents and guardians that their children could be retained at grade level if their behavior does not change.
 - C. encouraging the parents and guardians to be part of an ongoing support system for changing their children's behavior.
 - D. discussing with parents and guardians psychological factors that may explain their children's disruptive behavior.

9. A high school guidance and counseling teacher is working with a group of students who are uncertain about what to do after graduation. The most effective first step for the school counselor to take in promoting a successful postsecondary transition is to have these students
- A. complete an interest inventory.
 - B. review college-related information.
 - C. practice resumes writing.
 - D. role-play job interviews.
10. A high school guidance and counseling teacher has been asked to conduct a follow up study to determine the effectiveness of the school's career information program which of the following steps should the teacher take first?
- A. collecting data from stakeholders.
 - B. providing the principal with a list of activities implemented.
 - C. speaking to a variety of employers in the area.
 - D. sending an informational letter home to parents and guardians.
11. To create culturally sensitive school counseling programs, which of the following factors should school counselors consider first?
- A. students with varied language backgrounds.
 - B. needs of the diverse populations.
 - C. types of services provided by community organizations
 - D. local multicultural activities.
12. Because dual relationships are necessarily complex and multidimensional:
- A. there are few simple and absolute answers to neatly resolve them
 - B. they must always be avoided if you hope to be ethical.
 - C. they are prohibited by most codes of ethics of various professions.
 - D. they are considered to be unethical, unprofessional, and illegal.
13. Which of the following is not a core component of an effective guidance and counseling program structure?
- A. social services.
 - B. psychological services.
 - C. career guidance services.
 - D. supervision and monitoring mechanisms.

14. Which of the following is not one of the three factors that aid in wise choice of a vocation?
- A. a clear understanding of yourself, your aptitudes, abilities, interests, ambitions, resources, limitations, and other causes.
 - B. a knowledge of the requirements and conditions of success, advantages and disadvantages, compensation, opportunities, and prospects in different lines of work.
 - C. true reasoning on the relations of potential and career choice.
 - D. an ability to deal with young people in a sympathetic, earnest, searching, candid, helpful and attractive way.
15. A counselor helps a client understand the reasons behind his substance abuse, and to look at his substance abuse problem as a means of avoiding dealing with his grief over the death of his wife. Which stage of the counseling process is the counselor likely to be working in?
- A. exploration.
 - B. insight.
 - C. action.
 - D. all of the above.
16. A counselor helps this same client (as number 15 above) develop new strategies for dealing with his feelings of grief so that he avoids heavy drinking as his only coping skill. Which stage of the counseling process is the counselor likely to be working in?
- A. exploration.
 - B. insight.
 - C. action.
 - D. all of the above.
17. An effective technique of teaching guidance and counseling which involves non-verbal activity aimed at communicating some information or message is:
- A. role play.
 - B. simulations and gaming.
 - C. miming.
 - D. mind-mapping.

18. A counselor helps a client see that her anger towards men she has relationships with stems from her anger and fear toward her abusive father when she was a child. After developing this insight, the client finds it much easier to relate to men in her life in an authentic manner. This scenario best describes which type of counseling:
- A. individual counseling.
 - B. psychodynamic theories.
 - C. cognitive-behavioral theories.
 - D. all of the above.
19. Legal and professional services for school guidance and counseling in sub-Saharan Africa are:
- A. relatively advanced in the development.
 - B. nonexistent to elementary in their development .
 - C. widely advertised.
 - D. culturally sensitive.
20. School counseling services in sub-Saharan Africa are more likely with further development and growth in the:
- A. legal systems.
 - B. tribal affiliations.
 - C. education systems.
 - D. government expenditure.
21. Which of the following is not a challenge for implementation of guidance and counseling services in Sub- Saharan Africa:
- A. limited training of personnel in guidance and counseling.
 - B. lack of recognition and support for guidance and counseling.
 - C. imposition of culturally inappropriate models .
 - D. lack of time to provide guidance and counseling services.
22. Guidance and counseling services in schools in sub-Saharan Africa are likely to aim at developing learners in:
- A. career/vocational aspects.
 - B. personal aspects
 - C. educational aspects
 - D. all of the above
23. Learners need in-school counseling to:
- A. replace that of the ignorant parents at home
 - B. further enhance their development as learners and persons
 - C. learn about faraway places
 - D. teach others how to live

24. School counselors in sub-Saharan Africa tend to provide more:
- A. counseling than guidance
 - B. guidance than counseling
 - C. discipline than guidance
 - D. administration than guidance
25. Which group work specialist is most interested in helping members resolve the usual, yet often difficult problems of living through support and problem solving?
- A. counseling groups.
 - B. psychotherapy groups.
 - C. psychoeducational.
 - D. task facilitation groups.
26. The group leadership skill of reflecting
- A. is dependent upon listening and hearing.
 - B. is the skill of conveying one's reaction to what has been said.
 - C. involves using silence in order to consider in depth what a group member has said.
 - D. all of the above.
27. In using the group leadership skill of confronting, a leader should avoid
- A. challenging specific behaviors.
 - B. labeling the person.
 - C. sharing how he or she feels about the person's behavior.
 - D. all of the above.
28. Which of the following are involved in the group leadership skill of terminating?
- A. preparing members for their psychological problems they may have on leaving the group.
 - B. providing suggestions for transferring what they have learned to their daily lives.
 - C. telling members where they can get additional therapy.
 - D. all of the above.
29. Which of the following is/are not necessary for two co-leaders to work together well?
- A. trust.
 - B. mutual trust.
 - C. similar leadership styles.
 - D. planning and evaluation of sessions.

30. Which of the following is considered a disadvantage of the co-leadership model?
- A. it is not helpful for group members to see their co-leaders disagreeing.
 - B. differing perspectives and opinions cause group process to get begged down.
 - C. co-leaders who are involved in an intimate relationship can cause problems by working on their own problems during group time.
 - D. is (a) and (b).
31. Which of the following can be considered an advantage of setting and announcing a termination date at the outset of the group?
- A. the members will have a clear idea of the time limits under which they are working.
 - B. members are forced to realize they do not have forever to attain their personal goals.
 - C. the progress of the group and its members can be reviewed periodically.
 - D. all of the above.
32. Humanistic therapies all share a belief in the ability of clients to reach their potential.
- A. true.
 - B. false.
33. Cognitive-behavioral therapists use scales and inventories to assess their clients.
- A. true.
 - B. false.
34. Homework is a key feature of person-centered counseling.
- A. true.
 - B. false.
35. Psychodynamic practitioner will try to create conditions in the relationship to promote the development of transference.
- A. true.
 - B. false.
36. Person-centered counseling relies mainly on the core conditions begin established within the counseling relationship.
- A. true.
 - B. false.

37. If the client tells the counselor that they are sexually attracted to them the counselor should stop seeing the client immediately.
- A. true.
 - B. false.
38. Referral is a good idea if the counselor feels stuck.
- A. true.
 - B. false.
39. Multiculturalism is about studying more than one culture only.
- A. true.
 - B. false.
40. The best predictor of the outcome counseling is the skills of the counselor.
- A. true.
 - B. false.

SECTION B: COMPULSORY

Question 1(marks 40)

- I. You have been recurrently promoted as a guidance and counseling teacher to work in a school with socio-economically under-privileged learners. What theoretical orientation would you use that would mostly likely enable you to be accepted by these learners and why? (3 marks)
- II. Discuss the identified theoretical orientation's key concepts regarding: the major theorist, views of human nature, role of counselor, goals, intervention process and techniques, multicultural and gender-sensitive issues, strengths and limitations of the theory in the school context. (30 marks)
- III. Zodwa one of the learners in the school is talking about memories of being sent to live with various relatives, as both her parents were alcoholics. The story seems complex and you (counselor) begin to feel confused. You want to understand more clearly what Zodwa has told you and thus you use the counseling skill of clarification. Give one example of an appropriate phrase that you might use when asking for clarification. (2 marks).
- IV. Explain how the identified theoretical orientation in (I) is related to your own views about counseling. (5 marks)

SECTION C

Answer ONE (1) question from this section.

Question 1 (20 marks)

1. Write a group counseling proposal to be given to the administration of a school that provides a specific psychoeducational intervention. As a guideline, consider the following aspects: a) a rationale for the group based on current counseling literature and research, and a needs assessment of the population to be served; b) goals, format and duration of the group; c) recruitment, screening, selection and consent procedures; and d) specific interventions and activities.

Question 2 (20 marks)

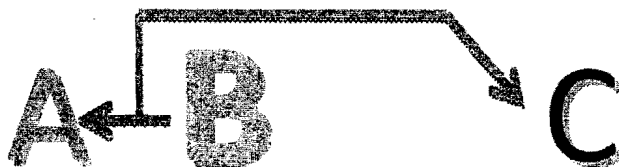
- I. Personality and character are the most important variables of effective group leaders. Identify and discuss the **five (5)** personal characteristics of effective group leaders. (18 marks)
- II. What single personal characteristic do you think is likely to be your main asset in effectively leading groups? What single personal characteristic is most likely to impede your effectiveness as a group leader? (2 marks)

Question 3 (20 marks)

- I. Select 4 ideas from the list below that are closely associated with the Cognitive-Behavior approach to counseling. Describe each of the 4 ideas giving concrete examples in each case. (12 marks)

Insight	Automatic negative thoughts	Setting objectives and goals	Actualizing tendency
Transference	Empathy	All or nothing thinking	Uniqueness of individuals
Homework	Uniqueness of individual experience		

- II. Use the figure below to explain how counselors use ABC model in Cognitive-Behavioral Theory, to bring about change in clients. (4 marks)



- III. 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?
(1 mark)
- IV. Using this same scenario (question III above), list a possible irrational belief or negative self-talk that might have caused the man to feel sad and withdrawn.
(1 mark)
- V. What specific Cognitive-Behavior technique can you use to assist the man to understand more on his interpretation of what is going on with the wife?
(2 marks)