

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

THIRD YEAR EXAMINATION FOR THE AWARD OF DEGREE
OF BACHELOR OF PSYCHOLOGY

PSYC 311: PRINCIPLES OF GUIDANCE AND COUNSELING

STREAMS: B. PSYC (Y3S1)

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 06/12/2017

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS
- DO NOT WRITE ON THE QUESTION PAPER

1. (a) Briefly explain the following helpful attitudes used in a counseling process
 - (i) Genuineness
 - (ii) Unconditional Positive Regard (UPR)
 - (iii) Immediacy
 - (iv) Concreteness
 - (v) Self disclosure [10 marks]
- (b) Describe the following types of counseling services which a counselor may use depending on situation.
 - (i) Group counseling
 - (ii) Individual counseling
 - (iii) Crisis counseling
 - (iv) Preventive counseling
 - (v) Developmental counseling [10 marks]
- (c) Show the difference in meaning of the following set of terms as used in a counseling process.
 - (i) Sympathy
Empathy

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(ii) Counselor
Counselee

(iii) Counseling
Guidance

(iv) Termination
Follow-up

(v) Silence
Teaching [10 marks]

2. Discuss any ten (10) challenging issues that require counseling services among high school/college/university students in Kenya. [20 marks]

3. Assume that you are applying for a counselor position in an institution or organization. What ten (10) characteristics would make you an effective counselor? [20 marks]

4. Analyze the following stages followed when establishing a guidance and counseling programme.

(i) Planning

(ii) Designing the programme

(iii) Implementing the programme

(iv) Programme evaluation

(v) Budget preparation [20 marks]