



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2018/2019 ACADEMIC YEAR

FOURTH YEAR SECOND SEMESTER

**SCHOOL OF EDUCATION
BACHELOR OF EDUCATION
(REGULAR)**

COURSE CODE: PSY 410

**COURSE TITLE: PRINCIPLES OF GUIDANCE
AND COUNSELLING**

DATE: 29/4/2019

TIME: 14:30 PM - 16:30 PM

INSTRUCTIONS TO CANDIDATES

1. Answer Question **ONE** and any other **TWO** questions

QUESTION ONE COMPULSORY

- a.) Explain meaning and significance of the following counselling skills
- i.) Active listening **(2 Marks)**
 - ii.) Empathy **(2 Marks)**
 - iii.) Paraphrasing **(2 Marks)**
 - iv.) Questioning **(5 Marks)**
 - v.) Eye contact **(2 Marks)**
- b.) Examine **THREE** principles of counselling **(10 Marks)**
- c.) Argue the case for proper implementation for guidance and counselling programs in Kenyan schools **(10 Marks)**

QUESTION TWO

- a) Examine **THREE** justifications of referrals during counseling **(10marks)**
- b) Explain the relevance of behavioristic theories to a school counselor **(10marks)**

QUESTION THREE

- a.) Explain **FIVE** qualities of school guidance and counselling teachers **(10 Marks)**
- b.) Analyze **THREE** circumstances when confidentiality principle may be broken by a counsellor in a helping relationship **(10 Marks)**

QUESTION FOUR

- (a.) Explain any **THREE** core values of counselling **(10 Marks)**
- (b.) Explain **FIVE** aims of counselling **(10 Marks)**

QUESTION FIVE

- (a.) Analyze **THREE** challenges that counsellors face in the course of their work **(10 Marks)**
- (b.) Explain the concept of “**here and now**” as used in counselling **(10 Marks)**