



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2023/2024 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER

SCHOOL OF EDUCATION

BACHELOR OF EDUCATION

COURSE CODE: PSY 1204-1

**COURSE TITLE: INTRODUCTION TO GUIDANCE AND
COUNSELING**

DATE: 14/5/24

TIME: 1100-1300HRS

INSTRUCTIONS TO CANDIDATES

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

This paper consists of 3 printed pages. Please turn over.

QUESTION ONE (COMPULSORY- 20 MARKS)

- a). Guidance and counseling are closely related activities but differ in important ways. Identify **TWO** ways in which guidance differs from counseling. **(4 Marks)**
- b). Define the following concepts: **(4 Marks)**
- i. Mental health
 - ii. Mental Illness
- c). Giving suitable illustrations, explain the following counseling skills. **(12 Marks)**
- i. Focusing
 - ii. Summarizing
 - iii. Immediacy
 - iv. Confrontation:

QUESTION TWO

- a). The guidance and counseling teacher is an important member of the school community. Explain **FIVE** roles such a teacher plays in ensuring the wellbeing of students. **(5 Marks)**
- b). “**SOLER**” is an acronym that guides counselors to maintain effective body language in counseling sessions. Discuss how you will apply “**SOLER**” when you are counseling a secondary school student. **(10 Marks)**

QUESTION THREE

- a). Mental health problems are a cause for concern in the society and there is need to identify and help people with mental health problems. Give **SIX** signs of mental health problems that may be observed in school students. **(3 Marks)**
- b). Counseling is an organized process that proceeds in stages from the beginning to the end. Describe the **FOUR** stages of counseling. **(12 Marks)**

QUESTION FOUR

- a). Mary has been put in charge of the guidance and counseling program in her school. The program is not very active. Give **SIX** considerations that can help Mary to ensure success of the guidance and counseling program. **(6 Marks)**
- b). Counseling is a goal driven activity in the sense that counselees desire to see some outcomes when the process is complete. In this context, elaborate on the following counseling goals: **(9 Marks)**
- i. Enhancement Goals.

- ii. Remedial Goals.
- iii. Exploratory Goals

QUESTION FIVE

a). Guidance and counseling teachers can do individual or group counseling for students who need help with various challenges. Explain three advantages of individual counseling over group counseling. **(6 Marks)**

b). Explain the following types of counseling and for each type, give an example of a situation where it is done: **(9 Marks)**

- i. Crisis counseling
- ii. Developmental counseling
- iii. Preventive counseling

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