

**UNIVERSITY OF SWAZIALND  
INSTITUTE OF DISTANCE EDUCATION**

**COURSE CODE: IDE – BAE 307 1 & 2**

**BACHELOR OF EDUCATON (ADULT EDUCATION) YEAR IV  
FINAL EXAMINATION PAPER – JUNE 2007**

**TITLE OF PAPER : COUNSELLING AND GUIDANCE I & II**

**COURSE : IDE BAE 307 – 1 – 2**

**TIME ALLOWED : THREE (3) HOURS**

**INSTRUCTIONS :**

- 1. ANSWER ALL QUESTIONS IN SECTION A AND ANY THREE QUESTIONS FROM SECTION B.**
- 2. ANSWERS SHOULD BE WRITEN IN THE BOOKLETS PROVIDED**

**THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION HAS BEEN GIVEN BY THE INVIGILATOR.**

For questions 1 – 13, write down the number of the question and the letter of the correct answer. For example for question 8, if the correct answer is C; you write 8C.

## SECTION A

Answer all the questions in this section.

1. A Counsellor is discouraged from giving advice because
  - a. It stops the client from thinking.
  - b. The client will always come back for more advice.
  - c. It makes the client dependent on the counsellor.
  - d. B and C.
  
2. Which of the following is NOT the responsibility of a counsellor?
  - a. Making decisions for the client.
  - b. Encouraging the client to speak.
  - c. Giving the client information.
  - d. Listening to the client.
  
3. Which of these is NOT true of Guidance?
  - a. It is usually initiated by the counsellor.
  - b. It is knowledge based.
  - c. It helps the client clarify his/her situation.
  - d. It deals with facts and principles.
  
4. Which counselling theory views stress and tension as being brought about by unconscious feelings and thoughts?
  - a. Client centred theory
  - b. Psychoanalytical theory
  - c. Behavioural theory
  - d. Reality theory.
  
5. Who is the originator of the theory that says problematic behaviours are learned.
  - a. Carl Rogers
  - b. Albert Ellis
  - c. B.F. Skinner
  - d. Eric Berner
  
6. When a counselling theory is said to be directive it means
  - a. The client must find a solution for himself.
  - b. The counsellor must find a solution for the client.
  - c. There is no solution.
  - d. The counsellor must help the client to find a solution.

7. In a counselling situation, what in your view is the role of the counsellor?
  - a. Help the client to make a choice.
  - b. Help the client to make a decision.
  - c. Simply accept and leave the client as he/she is.
  - d. A and B.
  
8. The problem of most clients who come for counselling after an HIV test and have been found to have the virus are; they
  - a. are ready to accept their condition and move on.
  - b. are in denial of their HIV status.
  - c. want the counsellor to tell them what to do.
  - d. want the counsellor to tell them that there was an error in the results.
  
9. What does confidentiality in the context of counselling mean?
  - a. That the counsellor may disclose the information about the client only to close family members.
  - b. The information about the client may only be disclosed to a doctor.
  - c. The information about the client may be disclosed to no one without the client's permission.
  - d. Only the client himself/herself can disclose the information.
  
10. Psychotherapy means that a client must be helped to solve a mental problem through
  - a. medication
  - b. discussion
  - c. both medication and discussion
  - d. confinement in an institution.
  
11. Who needs counselling?
  - a. children
  - b. people with problems
  - c. everyone
  - d. the elderly
  
12. According to Carl Rogers what is the role of the counsellor in the counselling session?
  - a. accept the client unconditionally.
  - b. direct the client.
  - c. show the client what he/she is doing wrong.
  - d. reinforce the client's behaviour.

Total: 24 marks

13. Pair the theories in List A with the statement that best describes it in List B.

- | <u>List A</u> | <u>Theories</u>  |
|---------------|------------------|
| A.            | Psychoanalytical |
| B.            | Client Centred   |
| C.            | Behavioural      |
| D.            | Reality Therapy  |
| E.            | Rational Emotive |

**LIST B**

Statement about the theories	Theory
1. People indulge in irrational self defeating tendencies	
2. The counsellor must show positive regard for the client.	
3. The ego mediates between the 'id' and super ego	
4. The counsellor must reinforce the desired behaviour in the client	
5. The most important need for every person is the search for identity.	
6. Dysfunctional behaviour is learnt from the environment in which one lives	
7. People are constantly searching and struggling to be the best they can be.	
8. Behaviour can be learnt through imitation.	

(16 marks)

**SECTION B**

Answer any three (3) questions in this section.

14. Enumerate and discuss four (4) qualities required of an effective counsellor showing the importance of each quality in the counselling process. (20 marks)
15. (a) What role is guidance and counselling playing in the HIV/AIDS epidemic gripping Swaziland today? (15 marks)
- (b) What needs to be done to improve Counselling and Guidance in Swaziland today? (5 marks)

Total: 20 marks

P.T.O.

16. Describe how you would counsel someone who feels that everyone and everything is against him/her and that they are doomed to fail. (25 marks)

17. Write brief explanations of any four (4) of the following terms.

- a. Self actualization
- b. Social modelling
- c. Positive regard
- d. Congruence
- e. Confidentiality
- f. Empowering the client.

(5 marks each)

(Total: 20 marks)