

UNIVERSITY OF SWAZILAND

FACULTY OF EDUCATION

BACHELOR OF EDUCATION (ADULT EDUCATION) YEAR IV

FINAL EXAMINATION MAY 2008

**TITLE OF PAPER : COUNSELLING AND GUIDANCE IN
ADULT EDUCATION**

COURSE NUMBER : IDE BAE 307-I AND II

TIME ALLOWED : THREE (3) HOURS

INSTRUCTIONS:

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

THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION TO DO SO, HAS BEEN GRANTED BY THE INVIGILATOR.

SECTION A

Answer all the questions in this section

For questions 1 – 10 write down the number of the question and the letter of the correct answer. For an example for question 4, if the answer is c; you write **4c**.

1. Which of these is NOT true of guidance?
 - a. It is knowledge based
 - b. It is initiated by the counsellor
 - c. It is a single event
 - d. It is structured

2. All these statements are true of counselling EXCEPT
 - a. Giving advice to the client
 - b. Instructing the client
 - c. Test interpretation
 - d. Giving information

3. Which counselling theory says that problems arise because of faulty thinking,
 - a. Rational emotive therapy
 - b. Psychoanalytical theory
 - c. Behavioural theory
 - d. Reality theory

4. Which is the view of behaviourist theory
 - a. Behavioural problems are inevitable in life
 - b. Everyone has behavioural problems
 - c. Unproductive behaviour is learnt
 - d. People are born with behavioural problems

5. Which of the following best describes “self talk”
 - a. Talking in your sleep
 - b. Telling other people about the good things you have done
 - c. Engaging in unproductive thoughts
 - d. Talking to yourself loudly

6. What characteristics should a counsellor bring to a counselling relationship?
 - a. Acceptance
 - b. Congruence
 - c. Empathy
 - d. All the above

7. 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

8. According to the Psychoanalytical Theory problems
 - a. are a result of inherited characteristics
 - b. arise from childhood experiences that are buried within the individual
 - c. are caused by the environment in which the individual grew up
 - d. are a result of one search for identity

9. Client centred Therapy requires the counsellor to
 - a. reinforce the desired behaviour
 - b. solve the identity crisis within the client
 - c. be a role model for the client
 - d. show positive regard for the client

10. Which of the following is NOT a counselling technique?
 - a. Listening
 - b. Commenting on the process
 - c. Telling the client to listen to the counsellor
 - d. Summarising

[20 marks]

SECTION B

Answer any Four questions in this section

1. Name and discuss any Four (4) qualities required of a counsellor and show clearly why each quality is important in counselling.
 $4 \times 5 = 20$ marks

2. a) According to the Rational Emotive Theory, how do behavioural problems arise?
 10 marks

- b) Describe how you would apply this approach to help a client change a specific undesirable behaviour. Clearly describe the nature of the undesirable behaviour. 10 marks
Total 20 marks

3. Write brief explanatory notes on any Four (4) of the following

- i) Social modelling
- ii) The importance of confidentiality in counselling
- iii) Operant learning
- iv) Belief in the capacity of the client to change
- v) The function of a counselling Theory

$4 \times 5 = 20$ marks

4. Explain any Four (4) of the following statements showing clearly their importance in guidance and counselling.

- a) Counselling is a voluntary process
- b) Counselling is an individualised process
- c) Counselling as a remedial process
- d) Counselling is a structured process
- e) Guidance is a preventative process
- f) Guidance and counselling must lead to a change in behaviour

Any $4 \times 5 = 20$ marks

5. Show how you would help a client who has a habit of spending all his/her money soon after payday and therefore has a very strained relationship with his/her partner. Indicate which counselling theory you would use and explain your choice.

(20 marks)

6. a) Discuss any three (3) personal problems that an adult client may bring to a counselling situation. (12 marks)

- b) Show how you would help the client find a solution to the problems that you cited. (8 marks)

[Total 20 marks]