

UNIVERSITY OF SWAZILAND

FACULTY OF EDUCATION

BACHELOR OF EDUCATION (ADULT EDUCATION) YEAR IV

FINAL EXAMINATION MAY/JUNE 2009

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

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
BOOKLET 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.

1. All the statements below are true of guidance EXCEPT that it
 - a. is knowledge based
 - b. involves instructing the client
 - c. gives information to the client
 - d. is a single event

2. Which counselling theory says that individuals learn unproductive behaviours?
 - a. Reality theory
 - b. Behaviour theory
 - c. Psychoanalytical theory
 - d. Rational Emotive theory (RET)

3. Which of these statements is NOT true of counselling?
 - a. It is a process
 - b. Sympathising with the client
 - c. Giving the client an assignment to do
 - d. Client talking most of the time

4. Which of these is true of psychoanalytical theory?
 - a. Bad behaviour is learnt
 - b. People are born with behavioural problems
 - c. Problems are a result of forces that lie buried in the subconscious mind
 - d. We have problems because of the way we think about events that take place in our lives

5. "Self Talk" can be best described as
 - a. Telling other people what a wonderful person you are
 - b. Talking loudly to yourself
 - c. Talking in your sleep
 - d. Interpreting happenings in a way harmful to yourself

6. When a counselling theory is said to be Non-directive, it means
 - a. There is no solution to the client's problem.
 - b. The counsellor must tell the client what to do
 - c. The counsellor must help a client find a solution to the problem
 - d. Using the theory in counselling will lead to a direct and easy solution to the problem

7. Client centred Therapy requires the counsellor to
 - a. Create an environment in which the client feels accepted.
 - b. Provide a role model for the client to emulate'
 - c. Work out steps to reinforce desirable behaviour
 - d. Help the client find out who he is.

8. Which of the following is NOT a responsibility of the counsellor?
 - a. Listening to the client
 - b. Making decisions for the client
 - c. Encouraging the client to speak
 - d. Giving the client information

9. How does a counsellor build trust in a client?
 - a. Sympathise with the client
 - b. Show liking for the client
 - c. Show acceptance of the client
 - d. Embrace the client

10. Psychotherapy means that a client must be helped to solve a problem through
 - a. Confinement to an institution
 - b. Medication
 - c. Discussion
 - d. Being left to do whatever the client wants

[20 marks]

