

**UNIVERSITY OF SWAZILAND**



**INSTITUTE OF DISTANCE EDUCATION**

**FINAL EXAMINATION PAPER, MAY/JUNE 2011.**

**YEAR 4**

- COURSE CODE : IDE BAE 307- 1 AND 11**
- TITLE OF PAPER : COUNSELLING AND GUIDANCE IN ADULT EDUCATION**
- TIME ALLOWED : THREE (3) HOURS**
- INSTRUCTIONS : ANSWER ALL QUESTIONS**

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

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## SECTION A

Answer all questions in this section

From question 1-10 write down the number of the question and the letter of the correct answer. For example for question 6, if the answer is b; you write 6b.

1. Which of these is not an aspect of guidance? Guidance is
  - a. knowledge based
  - b. initiated by the client
  - c. initiated by the counsellor
  - d. public
  
2. Which of these is the responsibility of the counsellor?
  - a. Explaining the problem to the client
  - b. Encouraging the client to speak
  - c. Finding a solution to the problem
  - d. Making a decision for the client
  
3. Who is the originator of the theory that says problematic behaviours are learned?
  - a. Eric Berner
  - b. B.F. Skinner
  - c. Albert Ellis
  - d. Carl Rogers
  
4. To build trust in the client, the counsellor should
  - a. like the client
  - b. sympathise with the client
  - c. show acceptance of the client
  - d. solve problems for the client
  
5. What is the advantage of counselling a client going for an HIV test?
  - a. To ensure that the person has relevant information about the disease
  - b. To prepare them for the results that they might receive
  - c. To assess their motive for taking the test
  - d. All the above
  
6. Which of these is a method of psychotherapy?
  - a. Administering medication to the client
  - b. Allowing a client to talk about a problem
  - c. Waiting until the problem solves itself.
  - d. Confining the individual to an institution

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7. According to Ellis, what is the role of a counsellor?
    - a. Show the client that it is difficult to change behaviour
    - b. Re-enforce the client's behaviour
    - c. Help client identify faulty thinking
    - d. Help client identify feelings that cause problems
  
  8. What does confidentiality in the context of counselling mean?
    - a. Only the client himself/herself can disclose information about self
    - b. The counsellor may disclose information about the client to a doctor
    - c. Information about a client may be disclosed to no one without the client's permission.
    - d. The counsellor may disclose information about the client to family members.
  
  9. According to Behavioural Theory, a client can learn new productive behaviour from
    - a. living with someone who rewards the desired behaviour.
    - b. living with an individual whose behaviour one admires
    - c. reading a book about someone of good character
    - d. All the above
  
  10. Glasser's reality theory focuses on the
    - a. past
    - b. present
    - c. future
    - d. a and c

(10)

### **Section B**

Answer all questions in this section

#### **Question 1**

Giving examples explain fully any three of the following statements.

Guidance and counselling is a preventative process

Counselling is a structured process

Guidance and counselling require decision making on the part of the client

Guidance and counselling is team work.

(15)

**Question 2**

- (a). Briefly explain the differences between guidance and counselling. (10)
- (b). In your view when should a counsellor do more guiding and when should he/she do more counselling? (15)

**Question 3**

- (a). Discuss the procedures of behavioural counselling theory. (10)
- (b). How would you help a colleague who is always in debt; a few days after pay-day he/she is already borrowing money. (15)

**Question 4**

In your view what are some of the factors that would impede the development of an adult counselling programme in Swaziland? Suggest a proposal for dealing with the issues that you have mentioned. (25)