

Course Code: IDE-BAE 413 (M) 2011

**UNIVERSITY OF SWAZILAND  
INSTITUTE OF DISTANCE EDUCATION**

**BACHELOR OF EDUCATION (ADULT EDUCATION) YEAR V**

**MAIN EXAMINATION PAPER, MAY 2011**

- TITLE OF PAPER : COUNSELLING AND GUIDANCE III**
- COURSE CODE : IDE-BAE 413**
- TIME ALLOWED : THREE (3) HOURS**
- INSTRUCTIONS :**
  - 1. ANSWER FOUR (4) QUESTIONS ONLY. TWO (2) FROM EACH SECTION.**
  - 2. ANSWERS SHOULD BE WRITTEN IN ANSWER BOOKLETS PROVIDED.**
  - 3. DO NOT WRITE ON THE QUESTION PAPER.**

**THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR**

**SECTION A**

**QUESTION 1**

With the aid of examples, discuss the distinction between (i) psychotherapy, and (ii) counselling and guidance theories. [ 25 marks]

**QUESTION 2**

Identify three types of clients who seek counselling and guidance services from a provider of your choice in Swaziland, and create short typical case histories. [25 marks]

**QUESTION 3**

- (a) Describe the similarities and differences between the Psychoanalytical approach and the Transactional Analysis approach to the counselling and guidance of adults. [ 10 marks]
- (b) Choose one of the above approaches and describe how you could use it in a counselling and guidance setting of your choice in Swaziland [ 15 marks]

**QUESTION 4**

- (a) Describe the similarities and differences between the Individual/Adlerian approach and the Humanistic/Existential approach to the counselling and guidance of adults. [10marks]
- (b) Choose one of the above approaches and describe how you would use it in a counselling and guidance setting of your choice in Swaziland [ 15 marks]

**SECTION B**

**QUESTION 5**

Choose one counselling and guidance theory and explain how it could guide a student counsellor in providing quality services.

[25 marks]

**QUESTION 6**

(a) Describe the distinction between (i) professional/Institutional , (ii) open, and (iii) situation based counselling and guidance for adults.

[ 10 marks]

(c) Discuss the effectiveness of providers of the above services in Swaziland.

[ 15 marks]

**QUESTION 7**

(a) Explain the role of values and ethics in the practice of counselling and guidance.

[10 marks]

(b) Critique current practices of counselling and guidance in Swaziland in relation to values and ethics.

[15 marks]

**QUESTION 8**

Using relevant examples, explain how you could use the systemic counseling approach in helping adults in a setting of your choice in Swaziland.

[25 marks]