

**UNIVERSITY OF SWAZILAND
INSTITUTE OF DISTANCE EDUCATION**

BACHELOR OF EDUCATION (ADULT EDUCATION) YEAR IV

MAIN EXAMINATION PAPER, DECEMBER, 2012

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

COURSE CODE : IDE-BAE- 415

TIME ALLOWED : THREE (3) HOURS

**INSTRUCTIONS : 1. ANSWER FOUR (4) QUESTIONS. ONE (1) FROM
SECTION A, AND THREE (3) FROM SECTION B
2. ANSWERS SHOULD BE WRITTEN IN THE ANSWER
BOOKLET 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 IS COMPULSORY

QUESTION 1 [34 MARKS]

"Xolile is 50 year old senior lecturer at the University of the North in the Republic of South Africa. She feels weighed down by the problems of the world and personal dissatisfaction. Although her career has been remarkable, she is now a very anxious person. She has developed a negative attitude towards life and her work. She is a divorcee with two grown up children. For the past three years, she feels her students have been putting in too little work in their studies, are unduly bothersome, too demanding and undisciplined. She has concluded that this new breed of students expects a lot and gives too little. Her life is dull and empty and she has lost hope in further advancement as a scholar, after two of her applications for promotion had been turned down. Xolile has not confided with any of her colleagues about her situation. Instead, she has put most of her energies in advancing her knowledge and skills in ICTs, enjoys cycling, regular walks and visits the gym regularly."

Xolile has approached you for counselling. Use the following guide to explain in detail how you will help her to arrive at tangible solutions.

- (a) Identify the source/nature of Xolile's problem(s). [6 marks]
- (b) Identify Xolile's current strengths [6 marks]
- (c) Identify opportunities to which Xolile could channel her current strengths [8 marks]
- (d) Identify how you could reach a resolution of Xolile's problem/problems. [7 marks]
- (e) Recommend the type of counselling and guidance approach/approaches suitable in dealing with Xolile's case. [7 marks]

SECTION B

CHOOSE THREE (3) QUESTIONS

QUESTION 2 [22 MARKS]

- (a) What is the distinction between counselling and guidance? [6 marks]
- (b) What is a counselling and guidance theory? [6 marks]
- (c) Using relevant examples, examine the historical development of counselling and guidance. [10 marks]

QUESTION 3 [22 MARKS]

Describe in detail any two (2) of the following theories of counselling and guidance: (i) Psychoanalytic theory (ii) Individual/Adlerian theory (iii) Client centered theory (iv) Reality therapy theory (v) Eclectic theory

QUESTION 4 [22 MARKS]

- (a) What is a counselling and guidance technique? [6 marks]
- (b) Create a scenario to explain how you could use two of the following techniques of counselling and guidance of adults, with a client (s) of your choice:-
- (i) Behavioural techniques
 - (ii) Developmental techniques
 - (iii) Client-centered techniques [16 marks]

QUESTION 5 [22 MARKS]

- (a) What do providers of counselling and guidance services for adults consider *good qualities* of a counsellor? [6 marks]
- (b) Create a scenario for a counselling and guidance of adults to demonstrate how you could exhibit such qualities. [16 marks]