

UNIVERSITY OF SWAZILAND

INSTITUTE OF POST-GRADUATE STUDIES

**MASTER OF EDUCATION IN ADULT EDUCATION/
MASTER OF EDUCATION IN EDUCATIONAL FOUNDATIONS**

MAIN EXAMINATION DECEMBER, 2016

TITLE OF PAPER : COUNSELLING AND GUIDANCE IN ADULT EDUCATION

COURSE : AE 607

TIME ALLOWED : THREE (3) HOURS

- INSTRUCTIONS :**
- 1. ANSWER ALL THREE (3) QUESTIONS**
 - 2. ANSWERS SHOULD BE WRITTEN IN THE ANSWER BOOKLETS PROVIDED.**
 - 3. DO NOT WRITE ON THE QUESTION PAPER**

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

QUESTION 1: (40 MARKS)

- (a) Write explanatory notes on the following terms and concepts in counselling and guidance of adults: (i) psychotherapy (ii) career guidance (iii) counselling inventory (iv) genograms (v) Ethics [15marks]
- (b) Instructions: Read the following scenario and answer the questions below.

Scenario

A: A project officer of an NGO is depressed and has approached you for help. He has narrated to you, in confidence, that his major stressor is his supervisor. He describes her as a powerful and spiteful enemy. He has also informed you that the supervisor constantly victimizes and criticizes him. She has blocked his promotion several times, and denied him opportunity to attend many training programmes which feature prominently in their line of duty. The project officer is upset and finds the workplace unbearable.

B: The supervisor, on the other hand, describes the project officer as lazy, manipulative and not a team-player. She is very much annoyed because, on more than three occasions, the project officer tried to by-pass the organizational hierarchical channels of communication, reporting to higher authorities "behind her back."

- (a) What is the linear trap in this dyadic conflict? [5 marks]
- (b) Explain in detail, three principles you could apply in resolving the above dyadic conflict? [20 marks]

QUESTION 2 [30 marks]

- (a) Using relevant examples, examine the likely causes of maladaptive behavior (rape, incest, violence, suicide, juvenile delinquency) in society today. [15 marks]
- (b) Critique current interventions used by counselling and guidance service providers in Swaziland, in addressing such behaviour?[15 marks]

QUESTION 3 [30 marks]

- (a) Explain the role of counselling and guidance theories. [10 marks]
- (b) Choose **one (1)** counselling theory from the list below, and illustrate how you could use it in counselling an adult client/s in a setting of your choice.
(i) Psychoanalytic theory (ii) Behavioural theory (iii) Rational-Emotive Behavioural theory
(iv) Systemic theory (v) Transactional analysis (vi) Existentialist theory [20 marks]