

**UNIVERSITY OF ESWATINI
FACULTY OF EDUCATION**

PART TIME DIPLOMA IN ADULT EDUCATION YEAR III

MAIN EXAMINATION PAPER, DECEMBER 2018

TITLE OF PAPER : GUIDANCE AND COUNSELLING

COURSE CODE : AED 301

TIME ALLOWED : THREE (3) HOURS

INSTRUCTIONS: 1. ANSWER FOUR (4) QUESTIONS.

2. ANSWERS SHOULD BE WRITTEN IN THE ANSWER BOOKLETS PROVIDED.

4. DO NOT WRITE ON THE QUESTION PAPER.

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

QUESTION 1 [25 marks]

- (a) 'People in all societies, and at all times, have experienced emotional or psychological distress and behavioural problems. In each culture, there have been well established ways and methods of helping individuals with their problems.' Discuss.
[12.5 marks]
- (b) Choose two (2) of the following areas and describe the approach you would use in the guidance of men and men in relation to (i) health and the environment (ii) knowledge and attitudes to lead a successful life (iii) improvement of self-image (iv) empowerment to participate fully and benefit from economic and social development of the nation (v) earning skills.
[12.5 marks]

QUESTION 2 [25 marks]

- (a) What is the role of theory in guidance and counselling?
[5 marks]
- (b) Choose one of the following guidance and counselling theories/approaches/models and create a setting to explain stages/steps you would follow in helping an adult client/clients of your choice: ((i) Psychoanalytical theory (ii) the helping model (iii) Systemic/systems theory (iv) behavioural theory. [20 marks]

QUESTION 3 [25 marks]

- (a) Discuss the role of ethics in guidance and counselling.
[10 marks]
- (b) Critique the provision of guidance and counselling for adults by an institution/organisation of your choice in Eswatini. [15 marks]

QUESTION 4 [25 marks]

- (a) What (i) educational, (ii) personal/social and (iii) vocational problems has your current group (D3) experienced? [12.5 marks]
- (b) Explain guidance and counselling interventions which you would recommend for each of the above problems? [12.5 marks]

QUESTION 5 [25 marks]

- (a) Examine five (5) qualities of a counsellor. [7.5 marks]
- (b) What challenges is a counsellor likely to encounter in providing services to rural communities? [7.5 marks]
- (c) What aspects of your culture do you feel may conflict or complement guidance and counselling in your community? [10 marks]

QUESTION 6 [25 marks]

- (a) Write brief notes on the following terms and concepts with regard to guidance and counselling of adults: (i) empathy (ii) self-awareness (iii) referral (iv) 'empty chair' (v) beneficence (vi) counter-transference (vii) defence mechanism (viii) dysfunctional system (ix) maladaptive behaviour (x) system. [20 marks]
- (b) Why is it important for counsellors to ensure that they have contracts (verbal or written) with their clients? [5 marks]