

**UNIVERSITY OF ESWATINI**

**INSTITUTE OF DISTANCE EDUCATION**

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

**MAIN EXAMINATION PAPER DECEMBER, 2018**

**TITLE OF PAPER : COUNSELLING AND GUIDANCE: COUNSELLING  
SKILLS  
AND INTERVENTIONS IN ADULT EDUCATION III**

**COURSE : IDE-BAE 516**

**TIME ALLOWED : THREE (3) HOURS**

**INSTRUCTIONS :**

- 1. ANSWER FOUR (4) QUESTIONS ONLY.**
- 2. ANSWERS SHOULD BE WRITTEN IN THE ANSWER BOOKLETS PROVIDED.**
- 3. DO NOT WRITE IN THE QUESTION PAPER.**

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

**QUESTION 1 [25 marks]**

- (a) Examine contexts in which the following goals of counselling could be achieved:  
(i) preventive (ii) remedial/adjustive and (iii) developmental /enhancement  
[12.5 marks]
- (b) Discuss the implications to service delivery, of the following types of clients who come for counselling and guidance: (i) self-referred (ii) referred by other individual(s) (iii) invited by counsellor or referred by other institutions.  
[12.5 marks]

**QUESTION 2**

- (a) Explain the role of theory in counselling and guidance of adults.  
[10 marks]
- (b) Write explanatory notes on the following terms and concepts, stating their relationship to counselling and guidance of adults: (i) self-esteem (ii) empathy (iii) ethics (iv) defence mechanisms (v) id, ego and super ego.  
[15 marks]

**QUESTION 3 [25 marks]**

- (a) Explain why individuals, especially women, remain in abusive relationships.  
[10 marks]
- (b) Critically examine the performance of providers of guidance and counselling in Eswatini in addressing the challenge. [15 marks]

**QUESTION 4 [25 marks]**

- (a) What is a genogram? [5 marks]
- (b) 'Bakhe and Buhle were married in 1995, they were blessed with a set of identical twins in 1998, fraternal twins in 2000, fraternal twins in 2005 and identical twins in 2010'.  
(i) Draw a genogram to represent the scenario.  
(ii) Examine the guidance and counselling services the family is likely to need.  
[20 marks]

**QUESTION 5 [25 marks]**

- (a) Explain the main assumptions of community counselling.  
[5 marks]
- (b) Create a scenario to illustrate how you could provide two (2) of the following counselling services: (i) direct community service (ii) indirect community services (iii) direct client services and (iv) indirect client services.  
[20 marks]

**QUESTION 6 [25 marks]**

Choose **two (2)** of the following theories and illustrate their use in the provision of counselling and guidance services to adults:

- (a) Behavioural counselling theory [12.5 marks] (b) Person-centred theory [12.5 marks]  
(c) Rational Emotive therapy [12.5 marks]