

UNIVERSITY OF SWAZILAND  
FACULTY OF EDUCATION  
DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT  
FINAL EXAMINATION PAPER 2011/2012

TITLE OF PAPER: FUNDAMENTALS OF COUNSELLING

COURSE NUMBER: EDF 633

TIME ALLOWED: THREE (3) HOURS

INSTRUCTIONS: THERE ARE TWO SECTIONS IN THIS PAPER – SECTIONS A AND B.

SECTION A IS COMPULSORY. CHOOSE TWO QUESTIONS FROM SECTION B

TOTAL MARK ALLOCATION: 100

Do not open until told to do so by the chief invigilator.

## SECTION A: COMPULSORY

As a school counselor in Nomakanjani High School Nqobile, an 18 year old girl is referred to you by her class teacher because her grades continue to decline. The class teacher informs you that Nqobile used to be among the top three higher performers in her class but this term she was number 28 out of 30 students in her class. Describe how you would help Nqobile. Make sure you include the process of establishing the presenting problem; identify techniques or intervention strategies you would use; and explain how you would approach this case. (40 Marks)

## SECTION B

**Answer any two (2) questions from this section.**

### **Question 1 (30 marks)**

Identify one Counselling theoretical approach you ascribe to and discuss its key concepts/features, the theorist views about human nature, intervention techniques and/or strategies, multicultural issues, appropriateness and its limitations within Swazi cultural context. Explain how this approach suits you in handling counselling related issues.

### **Question 2 (30 marks)**

Identify and discuss three (3) Counselling skills. Give concrete examples.

### **Question 3 (30 marks)**

Supposing young people in your community are faced with various psycho-social problems and you are asked to run group counselling sessions for them. How would you go about setting up this group?

### **Question 4 (30 marks)**

Explore how you would achieve your awareness and effectiveness as a counsellor.