

UNIVERSITY OF SWAZILAND



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATIONS PAPER DECEMBER 2015

TITLE OF PAPER: GUIDANCE AND COUNSELLING IN
EDUCATION

COURSE NUMBER: EDF 450

TIME ALLOWED: THREE (3) HOURS

INSTRUCTIONS: THERE ARE THREE SECTIONS IN THIS PAPER – SECTION
A, B, AND C

SECTION A AND B ARE COMPULSORY. CHOOSE TWO
QUESTION FROM SECTION C

TOTAL MARK ALLOCATION: 100

Do not open this question paper until told to do so by the chief invigilator

SECTION A: COMPULSORY

Multiple Choice Questions

INSTRUCTIONS

You are to write all your answers in your exam booklet provided. Read the following instructions carefully.

1. This exam section contains 25 multiple choice questions, each worth 1 point.
2. On this Multiple-Choice exam each question or item is followed by a series of possible answers or choices.
3. Read each question and decide which answer or choice is **best**.
4. Write **only the letter** of the best choice in your answer booklet with your PEN.
5. Write **LEGIBLY**.
6. Cross out any answers you wish to change and write afresh. **DO NOT USE CORRECTIONAL FLUID.**
7. Answer all questions. Your exam score will be based on the number of questions you answer correctly. There is no penalty for guessing.

1. The best predictor of the outcome of counselling is:
 - A. the skills of the counsellor.
 - B. the theory used by the counsellor.
 - C. the quality of the relationship between the counsellor and the client.
 - D. how hard the client works in counselling.

2. Which of the following is not a core characteristic of helpful counselling relationships?
 - A. genuineness.
 - B. empathy.
 - C. unconditional positive regard
 - D. high quality advice giving.

3. The definition of the concept of guidance includes the following descriptive words, except which one?
- A. directing.
 - B. leading.
 - C. influencing.
 - D. disciplining.
4. Which of the following is not a factor that necessitated guidance and counselling in Swaziland?
- A. massive expansion of the education system.
 - B. increase in opportunities of employment.
 - C. increase in social problems.
 - D. changes in social and cultural support systems.
5. A student who comes to find out about his/her aptitude test results would be assisted using which scope of Guidance?
- A. educational guidance.
 - B. personal guidance.
 - C. social guidance.
 - D. career guidance.
6. Helping someone adjust to a new environment falls under which goal or function of the Guidance and Counselling Programme?
- A. developmental.
 - B. remedial.
 - C. preventative.
 - D. crisis intervention.

7. Following is a list of counsellor skills used in the counselling process, except which one?
- A. active listening.
 - B. clarifying.
 - C. sympathizing.
 - D. attending.
8. The counsellor's positive attitudes essential for the counselling process are taken from which theory of counselling?
- A. Behavioural Therapy.
 - B. Client-centred Theory.
 - C. Rational Emotive Behaviour Therapy.
 - D. Multicultural counselling.
9. The counselling theory amongst the following that explains that counselling problems are a result of irrational thoughts is the
- A. Behavioural Therapy.
 - B. Client-centred Theory.
 - C. Rational Emotive Behaviour Therapy.
 - D. Multicultural counselling.
10. Self-awareness under Life Skills Education enables individuals to recognise and understand all the following, except which one?
- A. personal abilities.
 - B. desires.
 - C. strengths and weaknesses.
 - D. self-appreciation.
11. Assertiveness is generally defined as the ability to
- A. make other people forcefully agree with you in a discussion.
 - B. habitually submit to other people's requests and demand.
 - C. confidently and clearly express your opinion calmly and politely.
 - D. make sure you get your own way in most discussions.

12. Career development can be defined as
- A. enrolling in a college.
 - B. a life-long process of choosing a career from many available occupations and progressing in that career.
 - C. passing your examinations.
 - D. finding secure employment and promotion.
13. Individuals can be divided into six basic personalities according to which Theory of Career Development?
- A. Holland's Typology Theory.
 - B. Super's Developmental Theory.
 - C. Krumoltz's Social Learning Theory.
 - D. Life Skills .

Refer to **Case Study 1.1: Child Abuse Counselling Intervention: The Case of Mary** for questions 14 to 16 below:

Case Study 1.1: The Case of Mary

In one urban school in Swaziland, a teacher noticed that despite the warm weather; Mary wore her school jersey all the time. The teacher became concerned and asked why, Mary said she never felt hot. This continued into summer and she called Mary to her office and asked her to take off her jersey. Mary started crying as she was taking it off because she had fresh burn marks that had stuck to the jersey. The teacher told her that she had to tell the school guidance and counselling teacher; the principal; the police, because what Mary was experiencing, was abuse. Mary was afraid, for she thought the perpetrator; her mother, would kill her. The head called the school guidance and counselling teacher and the police. The school guidance and counselling teacher introduced herself to Mary and told her that they had to tell a social worker; who had to take her to a safe place after listening to her story. She told her that although their conversation would be kept confidential, she had to tell the social worker for her to be able to assist her and her young brother; who was experiencing the same abuse. Mary disclosed that each time she and her brother did not do house

hold chores well or did anything that infuriated their mother she would switch on the iron and burn their hands, arms, buttocks, and back. They had iron marks all over their backs, hands and thighs. The mother had marital problems, and seemed to have used the children to vent her frustrations. Her husband had moved out to stay with another woman. The children were taken to the children's home for few days until the social worker had contacted their father. The children underwent several counselling sessions. The mother was said to have a mental problem and had to undergo therapy.

14. Mary's mother vented her anger on the learners mainly because:
- A. their father had left to live with another woman and there was a discipline problem in the home.
 - B. she could not control her anger and frustration when they did not do their household chores well or made her angry.
 - C. the learners were reluctant to fulfill household chores since their father had left to live elsewhere.
 - D. she was afraid the social worker would place the learners in a place of safety.
15. The problem in Mary's house was initially identified as a result of the fact that:
- A. Mary and her brother told the teacher everything.
 - B. the teacher saw marks on Mary's body in summer when she did not wear a jersey.
 - C. Mary refused to take off her Jersey, even in the warm summer weather.
 - D. the two learners informed their father that they were being abused by their mother.
16. The school guidance and counselling teacher referred the learners for further counselling because:
- A. their mother abused them merely because they neglected their household chores.
 - B. their father had left to live with another woman and wanted them to join him.
 - C. they no longer wanted to stay with their mother and wanted to join their father.
 - D. they had to treat effects of abuse and prevent further abuse.

17. Guidance and counselling services in Swaziland schools tend to focus on:
- A. life skills education.
 - B. diagnostic assessment.
 - C. career and HIV and AIDS aspects only.
 - D. infusion and integration of guidance and counselling as an integral part of the curriculum.
18. Interpretation and corrective emotional experiences are techniques of which theoretical approach:
- A. Family Systems.
 - B. Psychodynamic theories.
 - C. Cognitive-behavioural theories.
 - D. all of the above.
19. The founder of REBT is:
- A. Carl Rogers.
 - B. Albert Ellis.
 - C. John Holland.
 - D. Sigmund Freud.
20. In the ABC model used in Cognitive-Behavioural Theory, counsellors work with clients to change:
- A. A = the Activating Events that are causing someone problems.
 - B. B = the Beliefs or Self-Talk associated with the event.
 - C. C = the Consequences or Outcomes of the event by changing feelings and behaviours.
 - D. Whichever of the above is most applicable to the specific situation.

21. A boy is acting out at home and at school. The counsellor determines that the boy's problems are functioning to distract his parents from their marital problems. The counsellor is probably practicing from which theoretical perspective?
- A. Family Systems.
 - B. Psychodynamic.
 - C. Cognitive-Behavioural.
 - D. all of the above.
22. A boy is acting out at home and at school. The counsellor helps the boy to identify the thoughts the boy has that are causing him to feel angry and act out. The counsellor is probably practicing from which theoretical perspective?
- A. Family Systems.
 - B. Psychodynamic.
 - C. Cognitive-Behavioural.
 - D. all of the above.
23. Counsellors who help clients understand, accept, and resolve problems by using basic counselling techniques so that their clients can lead more satisfying, well-adjusted lives are providing
- A. group counselling.
 - B. personal counselling.
 - C. career counselling.
 - D. vocational guidance and job placement.
24. Counselling that focuses on the realm of the counselee's work life would be defined as
- A. group counselling.
 - B. personal counselling.
 - C. career counselling.
 - D. vocational guidance and job placement.

25. Where is career counselling most often provided?
- A. primary and secondary schools and postsecondary institutions
 - B. one-stop career centers and vocational rehabilitation settings.
 - C. private and public employment service settings.
 - D. all of the above.

SECTION B: COMPULSORY

Question 1 (25 marks)

Discuss the following terms as used in Guidance and Counselling giving concrete examples:

- i. Guidance (5 marks)
- ii. Counselling (5 marks)
- iii. Congruence (5 marks)
- iv. Empathy (5 marks)
- v. Unconditional positive regard (5 marks)

SECTION C:

Answer two (2) questions from this section

Question 1 (25 marks)

- i. List any **five (5)** personal qualities of an effective counsellor (5 marks)
- ii. For each of the listed personal qualities, explain how each is relevant for a counselling relationship. (20 marks)

Question 2 (25 marks)

- i. What are the **five (5)** major characteristics of Albert Ellis' Rational Emotive Behaviour Therapy? (10 marks)
- ii. Explain how a counsellor can assist a learner who is behaving irrationally after losing both of his/her parents in a car accident. (15 marks)

Question 3 (25 marks)

You have just been hired as a temporary teacher to teach Guidance and Counselling in a prestigious high school. You have been assigned to give a presentation to untrained teachers on effective methods of teaching Guidance and Counselling.

- i. Identify five (5) methods you would choose to include in your presentation.

(5 marks)

- ii. Discuss each of the **five (5)** methods of effective teaching of guidance and counselling giving concrete example.

(20 marks)

Question 4 (25 marks)

Using Super's Developmental Theory, explain how the self-concept plays a very important role in an individual's career development.

Question 5 (25 marks)

Discuss the ethical principles of conduct that have to be followed by counsellor during a counselling session.

Question 6 (25 marks)

Imagine you are a Guidance and Counselling Teacher preparing to offer 'Educational Guidance' to your students, discuss the five (5) components of Educational Guidance you will cover and the reasons why they are important for the learner.