

**FACULTY OF EDUCATION**



**DEPARTMENT OF EDUCATIONAL FOUNDATIONS & MANAGEMENT**

**RESIT/SUPPLEMENTARY EXAMINATION PAPER January 2020**

**TITLE OF PAPER : INTRODUCTION TO GUIDANCE AND  
COUNSELLING IN EDUCATION**

**COURSE TITLE : EFM 403/EDF 450**

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

**TOTAL MARK ALLOCATION: 100 MARKS**

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

## Section A (COMPULSORY)

### Instructions:

Answer all questions in this section. This is a multiple choice section, therefore choose the correct answer and write only the letter in the answer booklet. Each correct answer is worth 1 mark.

1. The definition of the concept of guidance includes the following descriptive words, except which one?
  - A. Directing
  - B. Leading
  - C. Influencing
  - D. Disciplining
  
2. Rapid changes we experiences in our societies have been blamed mostly on one of the following:
  - A. Social changes
  - B. Educational changes
  - C. Technological changes
  - D. Economical changes
  
3. 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
  
4. 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
  
5. Someone who has become a drug ad substance abuser can be assisted under which function of the programme?
  - A. Developmental
  - B. Remedial
  - C. Preventative
  - D. Crisis intervention
  
6. Following is a list of counsellor skills used in the counselling process, except which one?
  - A. Active listening
  - B. Clarifying
  - C. Unconditional Positive Regard

- D. Attending
7. 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
8. 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.
9. 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
10. 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.
11. 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.
12. People 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

13. Personality issues are covered under which area of the scope of the Guidance programme
- A. Educational Guidance
  - B. Personal Guidance
  - C. Social Guidance
  - D. Career Guidance
14. Mental ability tests are used in which service of the Guidance programme?
- A. Orientation
  - B. Information giving
  - C. Appraisals
  - D. Referrals
15. A directory of services providers is required in which service of the Guidance programme?
- A. Orientation
  - B. Information giving
  - C. Appraisals
  - D. Referrals
16. A counsellor should never take advantage of clients. This can be found in
- A. a basic counselling approach
  - B. the ethical standards of conduct
  - C. a counselling theory
  - D. life Skills topics
17. The area of the scope of the Guidance Programme that assist learners cope with early adolescent maturation problems is
- A. Educational Guidance
  - B. Personal Guidance
  - C. Social Guidance
  - D. Career Guidance
18. Teaching learners about teenage pregnancy falls which under which function of the Guidance programme?
- A. Developmental
  - B. Remedial
  - C. Preventative
  - D. Crisis intervention
19. One of the following is not part of the intrapersonal life skills, which one?
- A. Self-awareness
  - B. Assertiveness

C. Effective communication

D. Decision making

20. The Johari's Window is used for which life skills

A. Self-awareness

B. Self-esteem

C. Assertiveness

D. Values clarification

(20 marks)

**Section B (COMPULSORY)**

Explain the following terms as used in Guidance and Counselling

(a) Counselling [5 marks]

(b) Career development [5 marks]

(c) Social guidance [5 marks]

(d) Life skills [5 marks]

**Section C**

**ANSWER TWO QUESTIONS IN THIS SECTION**

**Question 1**

The establishment of a counselling relationship is largely determined by the following:

A. Define the following terms as used in the context:

(i) Confidentiality

(ii) Unconditional positive regard

(iii) Empathic understanding

(9)

B. Explain how these affect the counselling relationship between a client and a counsellor.

(16)

(25 marks)

Question 2

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

(25 marks)

Question 3

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

(25 marks)