

UNIVERSITY OF ESWATINI



**FACULTY EDUCATION AND INSTITUTE OF DISTANCE EDUCATION
(IDE)**

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATION PAPER NOVEMBER, 2019

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

COURSE CODE: EFM 517 (PGCE FULL TIME AND IDE STUDENTS)

TIME ALLOWED: TWO (2) HOURS

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

- ALL QUESTIONS IN SECTIONS A AND B ARE
COMPULSORY.
- CHOOSE ONE (1) QUESTION FROM SECTION C

TOTAL MARK ALLOCATION: 100

**DO NOT OPEN THIS QUESTION PAPER UNTIL WHEN TOLD TO DO SO
BY THE CHIEF INVIGILATOR**

SECTION A: COMPULSORY

Multiple Choice and True or False Questions (40 marks)

INSTRUCTIONS

You are to write all your answers in your exam booklet provided. Read the following instructions carefully and use the sample below as a guide.

1. This examination section contains 20 multiple choice and True or False questions each worth 2 marks (*total 40 marks*).
2. On this Multiple-Choice and True or False examination 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. [Make sure you thoroughly understand any special instructions that may apply to a given portion of the examination].
4. Write 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 using a dash (-) and write afresh.
DO NOT USE CORRECTIONAL FLUID. Use of correctional fluid will result in a zero being awarded.
7. Answer all questions. Your exam score will be based on the number of questions you answer correctly.
8. This examination paper contains 8 pages including the cover page.

Review the example below to see the right way to present your best answer or choice. This is a **SAMPLE** question. Do not answer this question in YOUR answer booklet. Choice "A" is the correct answer.

QUESTION #1: The following are characteristics of a good leader but...

- A. crowd pleaser
- B. confronts
- C. patient
- D. organized

RIGHT WAY!

1. A

WRONG WAY

1. **A**X

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 factor that necessitated institutionalization of guidance and counselling in Eswatini?
 - 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

3. In the text and class lectures, the main reason given for having counselling students receive some form of therapy is to help them to:
 - a. work through early childhood trauma
 - b. learn to deal with countertransference
 - c. recognize and resolve their co-dependent tendencies
 - d. become self-actualized individuals

4. 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

5. Helping an individual 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

6. Goals are best determined by
 - a. the client.
 - b. the counsellor
 - c. the client and the counsellor
 - d. the therapeutic approach being utilized

7. A form 2 student who is failing three subjects makes an appointment to see the school guidance and counselling teacher. After discussing the student's academic history, the best initial action for the school guidance and counselling teacher to take would be to:
 - a. advise the parents or guardians to contact a private tutor for the student
 - b. assist the student in developing a weekly time management and study schedule
 - c. reschedule the student in less demanding classes and notify teachers of the changes
 - d. initiate procedure to refer the students for coaching lessons

8. Termination of therapy is often difficult for
 - a. client
 - b. counsellor
 - c. client and counsellor
 - d. neither the client nor counsellor

9. 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

10. The following are ethical issues in school counselling except...
- confidentiality
 - danger to self and others
 - parents/ guardians and confidentiality
 - justice for all
11. The right of both the client and therapist to make choices and take action provided that the results do not adversely affect others, is the ethical principle?
- autonomy
 - beneficence
 - nonmaleficence
 - justice
12. Clients have a right to be informed about:
- their therapist's qualifications
 - the general goals of counselling
 - the approximate length of the therapeutic process
 - all of the above
13. Which of the following is a disadvantage of asking clients open-ended questions during counselling?
- clients will not be able to express their true feelings
 - the therapeutic process may get off track if client is verbose
 - clients will not be comfortable during therapy
 - counsellor will not be able to gather information on service issues
14. One point of disagreement between existential and humanistic thoughts involves:
- a respect for the client's subjective experience
 - a trust in the capacity of the client to make positive choices
 - the emphasis on freedom
 - the idea of an innate self-actualizing drive

15. The systems perspective implies that:
- a. individuals are autonomous and independent of their families.
 - b. the external environment is the most powerful influence on an individual's development.
 - c. individuals are best understood through the context of their role in their family.
 - d. Systematic intervention is required to deconstruct an unhealthy family interaction
16. The ability to pick up on the client's non- verbal as well as verbal messages is psychological attending
- a. True
 - b. False
17. Being capable of building alliances enables the counselor to identify and empathize with the experience of sitting in the client's seat.
- a. True
 - b. False
18. Ellis maintains that REBT is an eclectic form of therapy.
- a. True
 - b. False
19. Absolute confidentiality has to be observed at all time in counselling
- a. True
 - b. False
20. Career development can be defined as finding secure employment and promotion.
- a. True
 - b. False

SECTION B: COMPULSORY

Question 2 (40 marks)

- I. Based on the person-centered approach, there are the **three** main characteristics of the therapist/counsellor which form the essence of the therapeutic relationship. Enumerate and explain the **three** main characteristics of the therapist/counsellor which form the essence of the therapeutic relationship (12 marks).
- II. Transference and countertransference are both normal phenomena that may arise during the course of the therapeutic relationship. Understanding these phenomena in counselling is important because the primary focus of counselling is the counsellor-client relationship. Distinguish between transference and countertransference in light of your own understanding from content taught in this course and your own reading using concrete examples (8 marks)
- III. Having interest in helping people is important but not really the only essential aspect for an ideal counsellor. Outline and discuss **six** characteristics of an ideal counsellor (18 marks).
- IV. As guidance and counselling teacher in training it is your responsibility to sympathize with students to show that you really care about their presenting issues and wellbeing. Take a position as regards the validity of the given statement based on your understanding what guidance and counselling teachers ought to do from content covered in class (2 marks).

SECTION C

Answer One (1) question from this section.

Question 3 (20 marks)

Guidance and counselling teachers in Eswatini have passion for teaching the subject. As a guidance and counselling teacher in training you have been asked by the Director of Guidance and Counselling in the Ministry of Education and Training to make a presentation to teachers with a the aim of motivating the teachers to effectively teach guidance and counselling in their respective schools. What **five (5)** approaches to effective teaching of guidance and counselling would you include in your presentation giving concrete examples and why? **Note. You will not get any credit (marks) for using my examples from class lectures as these are my intellectual property (20 marks).**

Question 4 (20 marks)

How can the kind of job categorization system advanced by Holland be used in helping learners in Eswatini schools make up their minds about careers they aspire to join in future? (20 marks)
