

UNIVERSITY OF ESWATINI



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

**DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT
FINAL EXAMINATION PAPER APRIL, 2021**

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 TWO (2) QUESTIONS FROM SECTION C

TOTAL MARK ALLOCATION: 100

THIS EXAMINATION PAPER CONTAINS 8 PAGES INCLUDING THE COVER PAGE.

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

SECTION A: COMPULSORY (40 marks)

Multiple Choice and True or False Questions

INSTRUCTIONS

You are to write all your answers in your examination 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 read thoroughly 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 and write afresh. **DO NOT USE CORRECTIONAL FLUID. Use of correctional fluid will result in a zero being awarded.**
7. Answer all questions. Your examination 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. X

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. 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

3. According to Gibson and Mitchell 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. All of the following are listed as characteristics of an ideal counsellor as a therapeutic person except:
 - a. counsellor has a sense of humor.
 - b. Counsellor has no discreet or confidentiality
 - c. Counsellor has clarity and understanding.
 - d. counsellor appreciates the influence of culture.

5. School guidance and counselling services in sub-Saharan Africa are more likely with further development and growth in the:
 - a. legal systems
 - b. tribal affiliations
 - c. education systems
 - d. government expenditure

6. Guidance and counselling services in Eswatini schools tend to focus on:
 - a. life skills education
 - b. diagnostic assessment
 - c. career and HIV/AIDS aspects only
 - d. infusion and integration

7. You are working with an underprivileged client who is silent during the initial phase of counselling. The silence is probably best interpreted as:
 - a. resistance to the counselling process
 - b. a manifestation of uncooperative behavior
 - c. a response consistent with his or her cultural context
 - d. a clear sign that counselling will not work

8. 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.

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

10. The following are ethical issues in school except....
 - a. confidentiality
 - b. danger to self and others
 - c. parents/guardians and confidentiality
 - d. justice for all

11. According to the prescribed text, what are the three domains addressed in the developmental model for school counselling programmes?
- small-group, large-group, and classroom guidance
 - leadership, advocacy, and collaboration
 - career, academic, and personal-social development
 - career, educational, social and personal management
12. Which of the following is not a challenge for implementation of guidance and counselling services in Sub-Saharan Africa?
- limited training of personnel in guidance and counselling
 - lack of recognition and support for guidance and counselling
 - imposition of culturally inappropriate models
 - lack of time to provide guidance and counseling services
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. The systems perspective implies that:
- individuals are autonomous and independent of their families
 - the external environment is the most powerful influence on an individual's development
 - individuals are best understood through the context of their family
 - systemic intervention is required to deconstruct an unhealthy family message

15. Sibongile, a form two student, tells the guidance and counselling teacher that she is depressed about her recent breakup with her boyfriend. During the conversation, Sibongile says she wishes she “could go to sleep and never wake up. In this situation, the guidance and counselling teacher should...
- immediately call the social worker for suicidal evaluation
 - assess whether Sibongile is suicidal and intervene if she is
 - probe further to decide if Sibongile’s statement is serious or not
 - see if there is any chance of reconciliation for Sibongile and her boyfriend
16. Absolute confidentiality can be guaranteed in counselling relationships
- True
 - False
17. The ability to pick up on the client’s non -verbal as well as verbal messages is psychological attending
- True
 - False
18. Countertransference is defined as redirection of a therapist's feelings toward a client, or more generally as a therapist's emotional entanglement with a client
- True
 - False
19. Frank Pearson is known as the father of Vocational Guidance
- True
 - False
20. Career development maybe a lifelong process at times according to the text.
- True
 - False

SECTION B: COMPULSORY

Question 2 (20 marks)

- I. There are core conditions necessary for any therapeutic change in every counselling relationship. Outline and explain **three** (3) core conditions necessary for therapeutic change to occur in counselling (15 marks). (*The explanation given for each core should be in a good paragraph and not a sentence or two*)
- II. Counsellors ought to sympathize with clients to show that they care about the clients' wellbeing. Take a position as regards the validity of the given statement based on your understanding of what a counsellor ought to do from content covered in class (2 marks).
- III. Give one weakness of the Person-centered therapy (1 mark).
- IV. Briefly discuss an aspect that is regarded as key in prompting growth in any therapeutic relationship in counselling between the client and the counsellor? (2 marks)

SECTION C:

Answer any two (2) questions from this section (40 marks)

Question 3

- I. Having passion for helping people is important but not necessarily the only vital aspect for an ideal counsellor. Enumerate and discuss six (6) characteristics you possess that would enable you to be an effective counsellor (18 marks)
- II. What two (2) personal attributes do you possess which would limit you from becoming an effective counsellor? (2 marks)

Note. You will not get any credit for using my examples from class lectures and notes as these are my intellectual property. Learn to put ideas in your own words.

Question 4 (20 marks)

- I. Individuals are best understood within the context of relationships and through assessing the various interactions within an entire family. Explain this statement in relation to your knowledge of the family systems therapy (3 marks).
- II. Discuss the family systems therapy's key concepts regarding: the major theorist, view of human nature, key tenets/concepts, goal of therapy, therapist's roles and functions as well as techniques of the therapy (17 marks). The allocation of marks are as follows:
 - major theorist (1 mark)
 - view of human nature (3 marks)
 - key tenets/concepts (3 marks)
 - goal of therapy (4 marks)
 - therapists role and function (3 marks)
 - techniques (3 marks)

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Question 5 (20 marks)

You have been invited by the Regional Principal Education Officer for Guidance and Counselling from the Ministry of Education and Training to make a presentation to untrained teachers on effective approaches to teaching guidance and counselling at an in-service workshop. 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 for using my examples from class lectures and notes as these are my intellectual property. Learn to put ideas in your own words.**

Question 6 (20 marks)

Using Donald Super's life Span approach to career development, justify how the self-concept plays a very important role in an individual's life span career development. **Note. You will not get any credit for using my examples from class lectures and notes as these are my intellectual property. Learn to put ideas in your own words.**