

UNIVERSITY OF SWAZILAND



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATION PAPER APRIL, 2021

TITLE OF PAPER: FOUNDATIONS OF GUIDANCE AND COUNSELING

COURSE NUMBER: EFM 607

TIME ALLOWED: THREE (3) HOURS

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

SECTIONS A AND B ARE COMPULSORY. CHOOSE
ONE QUESTION FROM SECTION C.

TOTAL MARK ALLOCATION: 100

THIS EXAMINATION PAPER CONTAINS 8 PAGES INCLUDING THE COVER
PAGE.

**DO NOT OPEN THIS QUESTION PAPER UNTIL YOU ARE 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 exam section contains 20 multiple choice and True or False questions, each worth 2 points (total 40 points).
2. On this Multiple-Choice and True or False 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. [Make sure you read thoroughly any special instructions that may apply to a given portion of the exam.]
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 exam score will be based on the number of questions you answer correctly.
8. This examination paper contains 9 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. Personal therapy for the counsellors can be instrumental in assisting them:
 - A. to heal their own psychological wounds
 - B. to gain an experiential sense of what it is like to be a client
 - C. to understand their own needs and motives for choosing to become professional helpers
 - D. all of the above

2. 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

3. The regalia worn by traditional healer is related to the use of expectation as treatment strategy. Which of the following is not an attribute of the traditional healer's regalia contributing to patient's expectation regarding the capability of the healer?
 - A. indicates the healer is no ordinary person but with elevated status in society.
 - B. indicates the presence of spiritual beings.
 - C. indicates supernatural powers.
 - D. identified with unusual brightly coloured garment.

4. The difference between Western approaches to assessment and that of the traditional approaches is:
 - A. the traditional healer is well known to the client
 - B. the traditional healer does not make a distinction among mind, body, and spirit
 - C. the traditional healer does not use any assessment tool
 - D. the traditional healer does not have empirical evidence of originals of problems

5. Diagnosis is an essential treatment procedure for gathering of information about a client's health conditions and for arriving at a conclusion as to appropriate interventions based on the information gathered. In the diagnosis of a client's health conditions, all except which of the following is not a process employed by traditional healers?
- A. dream interpretation
 - B. divination
 - C. physical examination of the client
 - D. interview
6. 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
7. 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 of guidance and counselling as an integral part of the curriculum
8. A grade seven student who is failing three subjects makes an appointment to see the school counsellor. After discussing the student's academic history, the best initial action for the school counsellor 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 time management and study schedule and set up weekly progress checks
 - C. reschedule the student in less demanding classes and notify teachers of the changes
 - D. initiate procedure to refer the students for coaching lessons

9. 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
10. What are the three domains addressed in the developmental model for school counselling programmes according to the prescribed text Gibson and Mitchell
- A. small-group, large-group, and classroom guidance
 - B. leadership, advocacy, and collaboration
 - C. career, academic, and personal-social development
 - D. career, educational, social and personal management
11. A school counsellor tells the parents of a grade 5 learner that their child's scores reflect the child's performance relative to that of other grade 5 learners across Swaziland. This type of score is referred to as a
- A. norm-referenced score
 - B. raw score
 - C. criterion-referenced score
 - D. standard score
12. Which group work specialist would be most concerned with helping members remediate their in-depth psychological problems?
- A. Counselling
 - B. Psychotherapy
 - C. Psychoeducational
 - D. Task facilitation
13. Zowda seems unable to define herself separately from her husband and children. In family systems terminology, Zowda needs to examine her process of
- A. internalizing conflicts
 - B. acculturation
 - C. differentiation
 - D. assimilation

14. When choosing career development materials for use at high school level, a school counsellor should focus on materials that facilitate students
- A. selection of specific career options
 - B. acquisition of particular skills
 - C. exploration of career clusters
 - D. formulation of career goals
15. Which of the following is a disadvantage of asking clients open-ended questions during counselling?
- A. clients will not be able to express their true feelings
 - B. the therapeutic process may get off track if client is verbose
 - C. clients will not be comfortable during therapy
 - D. counsellor will not be able to gather information on service issues
16. Goals for counselling are best determined by the...
- A. counsellor
 - B. client
 - C. client and counsellor
 - D. the therapeutic approach being utilized
17. Evaluation in school counselling programme serves the purposes of generating valid measures of how a programme meets goals and objectives, helping others understand the role of the counsellor or guidance and counselling teacher and gathering data for research purposes. It is used to plan and develop procedures when the programme is unable to change.
- A. true
 - B. false
18. A Guidance Advisory committee (GAC) is commonly charged with the task of reviewing programme data and making recommendations based on their evaluations. GACs typically do not evaluate counsellors' professional activities, report directly to administrators, or disclose counselling work to the media.
- A. true
 - B. false

19. 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
- A. True
 - B. False
20. The ability to pick up on the client's non-verbal as well as verbal messages is psychological attending
- A. True
 - B. False

SECTION B: COMPULSORY

Question 1(marks 40)

- I. Individuals are best understood within the context of relationships and through assessing the various interactions within an entire family. Position this statement in relation to your knowledge of the family systems therapy (4 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 role and function, techniques, strengths and weaknesses of the therapy (36 marks). The allocation of marks are as follows:
- major theorist (2 marks)
 - view of human nature (6 marks)
 - key tenets/concepts (6 marks)
 - goal of therapy (4 marks)
 - therapist's role and function (6 marks)
 - techniques (6 marks)
 - strengths and weaknesses of the therapy (6 marks)

SECTION C

Answer ONE (1) question from this section.

Question 2 (20 marks)

You have been recently hired as a Director of Guidance and Counselling from the Ministry of Education and Training and have to make a presentation to guidance and counselling teachers on effective approaches to teaching guidance at an in-service workshop. What five (5) approaches to effective teaching of guidance and counselling would you include in your presentation and why using concrete examples with each approach? **Note. You will not get any credit for using my examples from class lectures and notes as these are my intellectual property.** (20 marks)

Question 3 (20 marks)

Using Donald Super's life Span approach to career development, discuss how the self-concept plays a very important role in an individual's life span career development. (20 marks)

Note. You will not get any credit for using my examples from class lectures and notes as these are my intellectual property

Question 4 (20 marks)

What have you learnt in Foundations of Guidance and Counselling that pertains to Eswatini schools' context that you did not know before? How beneficial will the knowledge from this course impact the way you will deal with clients in your respective work settings. (20 marks)

Note. You will not get any credit for using my examples from class lectures and notes as these are my intellectual property
