

**UNIVERSITY OF SWAZILAND  
FACULTY OF SOCIAL SCIENCES  
DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK  
FINAL EXAMINATION QUESTION PAPER, MAY 2018**

**TITLE OF PAPER: MANAGING STRESS: PRINCIPLES AND TECHNIQUES  
FOR COPING, PREVENTION AND SOCIAL WELLNESS**

**COURSE CODE: SWK 240**

**TIME ALLOWED: TWO (2) HOURS**

**INSTRUCTIONS: 1. ANSWER ANY THREE (3) QUESTIONS  
2. ALL QUESTIONS CARRY EQUAL MARKS  
3. TOTAL MARKS 100**

**THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION IS GRANTED BY THE  
INVIGILATOR**

**Question 1**

Define self-care and the goals of making a self-care plan.

**Question 2**

Describe the difference between burnout and compassion fatigue. Give examples of both.

**Question 3**

Define vicarious trauma/secondary trauma. Explain why it is beneficial for social workers to be knowledgeable about this.

**Question 4**

Explain the differences between good stress and bad stress. Give two (2) examples of each.

**Question 5**

Give five (5) examples of signs/ symptoms related to stress.

**Question 6**

Describe five (5) practices and activities that can help prevent or alleviate stress.