

2ND SEM. 2013/2014



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UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

**PROGRAMME : BACHELOR OF SCIENCE IN
CONSUMER SCIENCE AND CONSUMER
SCIENCE EDUCATION YEAR IV**

COURSE CODE : FRHD 405

TITLE OF PAPER : COUNSELLING

TIME ALLOWED : TWO (2) HOURS

**INSTRUCTIONS : ANSWER QUESTION ONE (1)
AND ANY OTHER TWO (2) QUESTIONS**

**DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN
GRANTED BY THE CHIEF INVIGILATOR**

QUESTION 1 (COMPULSORY)

- a) Give highlights on the historical background of counselling and how it evolved as a concept included in schools today. **(20 Marks)**
- b) Why should the guidance and counselling programme be considered an integral part of any education system? **(20 Marks)**

[TOTAL MARKS = 40]

QUESTION 2

- a) Identify facilitative attitudes to be employed by a counsellor for effective counselling and explain each one briefly. **(20 Marks)**
- b) What is your understanding of the following skills in counselling?
 - i. Non-verbal communication **(6 Marks)**
 - ii. Restating and paraphrasing **(4 Marks)**

[TOTAL MARKS = 30]

QUESTION 3

- a) Phase one (1) of the counselling session is '*Relationship building*'. Discuss its significance in the counselling session and the elements covered in this phase. **(15 Marks)**
- b) Describe *stages* in the problem identification and exploration phase of counselling. **(15 Marks)**

[TOTAL MARKS = 30]

QUESTION 4

- a) Discuss the psychoanalytic approach (directive) to counselling with respect to:
- i. Counselling goals (5 Marks)
 - ii. Role of client (4 Marks)
 - iii. Role of counsellor (7 Marks)
- (4 + 16 Marks)
- b) Explain 'defense mechanisms' as viewed by Freud. (4 Marks)
- c) What is meant by the following concepts in counselling:
- i. Rationalization
 - ii. Regression
 - iii. Repression
 - iv. Resistance
 - v. Sublimation
 - vi. Projection
- (6 Marks)

[TOTAL MARKS = 30]