

2nd SEM. 2015/2016



UNIVERSITY OF SWAZILAND
FINAL EXAMINATION PAPER

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

COURSE CODE: FRHD 405

TITLE OF PAPER: COUNSELLING

TIME ALLOWED: TWO (2) HOURS

INSTRUCTIONS: THERE ARE THREE SCETIONS IN THIS PAPER –
SECTION A, B, AND C.
SECTION A AND B ARE COMPULSORY. CHOOSE **ONE**
(1) QUESTION FROM SECTION C.

TOTAL MARK ALLOCATION: 100

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

SECTION A: COMPULSORY (50 marks)

Multiple Choice Questions

INSTRUCTIONS

You are to write all your answers in your examination booklet provided. Read the following instructions carefully.

1. This examination section contains 25 multiple choice questions, each worth **2** points.
2. On this Multiple-Choice 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**.
4. Write **only 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.**
7. Answer all questions. Your examination score will be based on the number of questions you answer correctly. There is no penalty for guessing.

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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 most stressed in Person-centered work?
 - a. empathy.
 - b. goal-setting.
 - c. diagnosis.
 - d. sympathy.
 3. Which of the following is not a core characteristic of helpful counselling relationships?
 - a. genuineness.
 - b. empathy.
 - c. unconditional positive regard
 - d. high quality advice giving.
 4. Interpretation and corrective emotional experiences are techniques of which theoretical approach:
 - a. Family Systems.
 - b. Psychodynamic theories.
 - c. Cognitive-behavioral theories.
 - d. all of the Above.
 5. An effective technique of teaching guidance and counselling which involves non-verbal activity aimed at communicating some information or message is:
 - a. role play.
 - b. simulations and gaming.
 - c. miming.
 - d. mind-mapping.

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6. Legal and professional services for school guidance and counselling in sub-Saharan Africa are:
 - a. relatively advanced in the development.
 - b. nonexistent to elementary in their development.
 - c. widely advertised.
 - d. culturally sensitive.
 7. The following are ethical principles in counselling except which one?
 - a. Justice.
 - b. Autonomy.
 - c. Fidelity.
 - d. Fairness.
 8. Circumstances that confuse the counsellor because there are conflicting or competing ethical standards; there is a conflict between what is ethical and what is moral; the situation is such that complexities make the application of ethical standards unclear; or some circumstance prevents clear application of standards are considered to be
 - a. Ethical standards
 - b. Ethical dilemmas
 - c. Morality
 - d. Virtue ethics
 9. Which of the following is not a challenge for implementation of guidance and counselling services in Sub-Saharan Africa:
 - a. limited training of personnel in guidance and counselling.
 - b. lack of recognition and support for guidance and counselling.
 - c. imposition of culturally inappropriate models .
 - d. lack of time to provide guidance and counselling services.
 10. Guidance and counselling services in schools in sub-Saharan Africa are likely to aim at developing learners in:
 - a. career/vocational aspects.
 - b. personal aspects.
 - c. educational aspects.
 - d. all of the above.

11. Learners need in-school counselling to:
- replace that of the ignorant parents at home.
 - further enhance their development as learners and persons.
 - learn about faraway places.
 - teach others how to live.
12. The definition of the concept of guidance includes the following descriptive words, except which one?
- directing.
 - leading.
 - influencing.
 - disciplining.
13. Which of the following is not a factor that necessitated guidance and counselling in Swaziland?
- massive expansion of the education system.
 - increase in opportunities of employment.
 - increase in social problems.
 - changes in social and cultural support systems.
14. A student who comes to find out about his/her aptitude test results would be assisted using which scope of Guidance?
- educational guidance.
 - personal guidance.
 - social guidance.
 - career guidance.
15. Helping someone adjust to a new environment falls under which goal or function of the Guidance and Counselling Programme?
- developmental.
 - remedial.
 - preventative.
 - crisis intervention.

16. Career development can be defined as
- enrolling in a college.
 - a life-long process of choosing a career from many available occupations and progressing in that career.
 - passing your examinations.
 - finding secure employment and promotion.
17. Individuals can be divided into six basic personalities according to which Theory of Career Development?
- Holland's Typology Theory.
 - Super's Developmental Theory.
 - Krumoltz's Social Learning Theory.
 - Life Skills.
18. The counselling theory amongst the following that explains that counselling problems are a result of irrational thoughts is the
- Behavioural Therapy.
 - Client-centred Theory.
 - Rational Emotive Behaviour Therapy.
 - Multicultural counselling.
19. Self-awareness under Life Skills Education enables individuals to recognise and understand all the following, except which one?
- personal abilities.
 - desires.
 - strengths and weaknesses.
 - Self-appreciation.

20. Assertiveness is generally defined as the ability to
- make other people forcefully agree with you in a discussion.
 - habitually submit to other people's requests and demand.
 - confidently and clearly express your opinion calmly and politely.
 - make sure you get your own way in most discussions.
21. Guidance and counselling services in Swaziland schools tend to focus on:
- life skills education.
 - diagnostic assessment.
 - career and HIV/AIDS aspects only.
 - infusion and integration of guidance and counselling as an integral part of the curriculum.
22. The founder of REBT is:
- Carl Rogers.
 - Albert Ellis.
 - John Holland.
 - Sigmund Freud.
23. In the ABC model used in Cognitive-Behavioural Theory, counsellors work with clients to change:
- A = the Activating Events that are causing someone problems.
 - B = the Beliefs or Self-Talk associated with the event.
 - C = the Consequences or Outcomes of the event by changing feelings and behaviours.
 - Whichever of the above is most applicable to the specific situation.

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24. A boy is acting out at home and at school. The counsellor helps the boy to identify the thoughts the boy has that are causing him to feel angry and act out. The counsellor is probably practicing from which theoretical perspective?

- a. Family Systems.
- b. Psychodynamic.
- c. Cognitive-Behavioural.
- d. all of the above.

25. Where is career counselling most often provided?

- a. primary and secondary schools and postsecondary institutions
- b. one-stop career centres and vocational rehabilitation settings.
- c. private and public employment service settings.
- d. all of the above.

SECTION B: COMPULSORY

Question 1 (25 marks)

Discuss the following terms as used in Guidance and Counselling giving concrete examples:

- a. Guidance (5 marks)
- b. Counselling (5 marks)
- c. Psychotherapy (5 marks)
- d. Congruence (5 marks)
- e. Unconditional positive regard (5 marks)

SECTION C:

Answer One (1) question from this section

Question 1 (25 marks)

- a. List any **five (5)** personal qualities of an effective counsellor (5 marks)
- b. For each of the listed personal qualities, briefly explain how each is relevant for a counselling relationship. (20 marks)

Question 2 (25 marks)

You have recurrently been allocated a position for Guidance and Counselling in a prestigious high school. As your first task you are to give a presentation to untrained teachers on effective methods of teaching Guidance and Counselling.

- a. Identify five (5) methods you would choose to include in your presentation. (5 marks)
- b. Discuss each of the **five** (5) methods of effective teaching of guidance and counselling giving concrete examples. (20 marks)