

2ST SEM. 2019/2020



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UNIVERSITY OF ESWATINI

FINAL EXAMINATION PAPER

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

COURSE CODE : **CED404/FRHD405**

TITLE OF PAPER : **COUNSELLING**

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

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

Other Information

Candidate will not get any credit for using examples from class lectures as these are intellectual property.

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

QUESTION 1 COMPULSORY

- (a) Explain the **two (2)** major similarities between counselling and psychotherapy. (10 Marks)
- (b) Identify and discuss any **five (5)** attributes of a good counsellor. (20 Marks)
- (c) Giving concrete examples, describe the **five (5)** key steps to being successful in the counseling process (10 Marks)

[TOTAL= 40 MARKS]

QUESTION 2

- (a) Effective communication is critical in guidance and counselling. Explain any **five (5)** ways you can be a good communicator in guidance and counselling. (15 Marks)
- (c) The family systems approach to counselling creates a harmonious relationship among family members. Discuss any **three (3)** advantages of using this approach. (15 Marks)

[TOTAL = 30 MARKS]

QUESTION 3

Self-awareness and a clear understanding of one's own values is essential to anyone working in the counselling field. Discuss any **six (6)** key issues a counsellor should know a lot about him/herself.

[TOTAL = 30 MARKS]

QUESTION 4

- (a) The term behaviour modification and behaviour therapy are often used interchangeably, but they are slightly different. Explain the difference between behaviour modification and behaviour therapy. (10 Marks)
- (b) Relationship building is a critical stage in successful counselling. Discuss its significance in counselling session and the elements covered in this phase. (20 Marks)

[TOTAL = 30 MARKS]