

UNIVERSITY OF SWAZILAND



FACULTY OF AGRICULTURE AND CONSUMER SCIENCES

DEPARTMENT OF CONSUMER SCIENCES

FINAL EXAMINATION PAPER MAY 2018

TITLE OF PAPER: COUNSELLING

COURSE CODE: FRHD 405

TIME ALLOWED: TWO (2) HOURS

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

SECTIONS A AND B ARE **COMPULSORY**. CHOOSE
TWO (2) QUESTIONS FROM SECTION C

TOTAL MARK ALLOCATION: 100

**DO NOT OPEN THIS QUESTION PAPER UNTIL TOLD TO DO SO BY THE
CHIEF INVIGILATOR**

SECTION A: COMPULSORY

Multiple Choice and True or False Questions

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 1 point (total 20 marks).
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. There is no penalty for guessing.

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. With respect to the role of the values of the counselling process, it is most accurate to state that:
 - a. counselling can best be considered as teaching and persuading clients to act the right way.
 - b. counsellors would do well to maintain an indifferent, neutral, and passive role by simply listening to everything the client reports.
 - c. counsellors should avoid challenging the values of their clients.
 - d. counsellors avoid imposing their values, but they are likely to expose their values to clients.
2. Which humanistic approach emphasizes the basic attitudes of the therapist as the course of the therapeutic process?
 - a. cognitive –behavioral therapy
 - b. family systems therapy
 - c. person-centered therapy
 - d. psychoanalytic therapy
3. In the text and class lectures, the main reason given for having counselling students receive some form of therapy is to help them to:
 - a. work through early childhood trauma.
 - b. learn to deal with countertransference.
 - c. recognize and resolve their co-dependent tendencies
 - d. become self-actualized individuals
4. All of the following are listed as characteristics of the counsellor as a therapeutic person except:
 - a. counsellors have a sense of humor.
 - b. counsellors no longer have to cope with personal problems.
 - c. counsellors makes mistakes and they are willing to admit them.
 - d. counsellors appreciate the influence of culture.

5. 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
6. Guidance and counselling services in Swaziland 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
7. You are working with an ethnic minority client who is silent during the initial phase of counselling. The silence is probably best interpreted as:
 - a. resistance.
 - b. a manifestation of uncooperative behavior.
 - c. a response consistent with his or her cultural context.
 - d. a clear sign that counselling will not work
8. A form 2 student who is failing three subjects makes an appointment to see the school guidance and counselling teacher. After discussing the student's academic history, the best initial action for the school guidance and counselling teacher 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. Many ethical codes state that dual relationships:
 - a. should be avoided whenever possible.
 - b. are clearly grounds for revocation of one's professional license.
 - c. are helpful in case of counseling one's friends or relatives.
 - d. are impossible to avoid.
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. Confidentiality can be considered as all except:
 - a. as absolute that guarantees clients that their disclosures will never be revealed.
 - b. central to developing trust in the therapeutic relationship.
 - c. both an ethical and a legal issue.
 - d. something that is limited under specific circumstances.
12. Clients have a right to be informed about:
 - a. their therapist's qualifications.
 - b. the general goals of counselling.
 - c. the approximate length of the therapeutic process.
 - d. all of the above.
13. According to Rational Emotive Behavior Therapy (REBT), what is the core of most emotional disturbances?
 - a. blame
 - b. resentment
 - c. rage
 - d. unfinished business

14. One point of disagreement between existential and humanistic thoughts involves:
- a respect for the client's subjective experience.
 - a trust in the capacity of the client to make positive choices.
 - the emphasis on freedom.
 - the idea of an innate self-actualizing drive.
15. A major contribution of the Bowen's theory is the notion of:
- birth order as a determinant of personality.
 - differentiation of the self.
 - family rules and communication.
 - spontaneity, creativity, and play as therapeutic factors in family therapy.
16. Existential therapy is rooted in the premise that humans cannot escape from freedom and responsibility.
- True
 - False
17. The person-centered approach is not particularly well-suited to multi-cultural counselling?
- True
 - False
18. Ellis maintains that REBT is an eclectic form of therapy.
- True
 - False
19. Bowen's multigenerational approach stresses techniques more than it does theory.
- True
 - False
20. Career development maybe a lifelong process at times according to the text.
- True
 - False

SECTION B: COMPULSORY

Question 1 (40 marks)

- I. Individuals are best understood within the context of relationships and through assessing the various interactions within an entire family. Explain this statement in relation to your knowledge of the family systems therapy (3 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 roles and functions as well as techniques of the therapy (17 marks). The allocation of marks are as follows:
 - major theorist (1 mark)
 - view of human nature (3 marks)
 - key tenets/concepts (3 marks)
 - goal of therapy (4 marks)
 - therapists role and function (3 marks)
 - techniques (3 marks)
- III. Having passion for helping people is important but not necessarily the only vital aspect for an ideal counsellor. Outline and discuss **six** (6) characteristics of an effective counselor. (18 marks)
- IV. What two (2) personal attributes do you possess which can contribute and limit you from becoming an effective counsellor? (2 marks)

SECTION C

Answer TWO (2) questions from this section.

Question 1 (20 marks)

- I. There are core conditions necessary for therapeutic change in every counselling relationship. Outline and explain **three** (3) core conditions necessary for therapeutic change to occur in counseling. (12 marks)
- II. Counselors ought to sympathize with clients to show that they care about the clients well begin. Position this statement based on your understanding of content covered in class. (4 marks)
- III. Give one limitation of the Person-centered therapy. (2 mark)
- IV. In your own view what would you say is important for any therapeutic change to take place in counseling? (2 marks)

Question 2 (20 marks)

You have been assigned by the Director of Guidance and Counselling from the Ministry of Education and Training to make a presentation to guidance and counselling teachers and community development workers 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 giving concrete examples? **Note. You will not get any credit for using my examples from class lectures as that is my intellectual property.** (20 marks)

Question 3 (20 marks)

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