

UNIVERSITY OF SWAZILAND



FACULTY OF AGRICULTURE AND CONSUMER SCIENCES

DEPARTMENT OF CONSUMER SCIENCES

SUPPLEMENTARY PAPER JULY 2018

TITLE OF PAPER: COUNSELLING

COURSE NUMBER: FRHD 405

TIME ALLOWED: TWO (2) HOURS

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

SECTIONS A AND B ARE **COMPULSORY**. CHOOSE **ONE (1)** QUESTION 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 (50 marks)**Multiple Choice Questions****INSTRUCTIONS**

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

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

1. A person-centered Counsellor's role would best be described as a
 - a. coach.
 - b. facilitator.
 - c. expert.
 - d. teacher.
2. Unconditional positive regard means
 - a. liking everyone equally.
 - b. verbalizing a lot of validation to clients.
 - c. accepting a client despite his or her behavior
 - d. accepting everything a client does.
3. Which of the following would not be used in Person-centered counsellor?
 - a. diagnosis.
 - b. empathy.
 - c. unconditional positive regard.
 - d. Genuineness.
4. The following are factors that necessitated guidance and counselling in Swaziland except which one?
 - a. massive expansion of the education system.
 - b. increase in opportunities of employment.
 - c. increase in social problems.
 - d. changes in social and cultural support systems.
5. Which of the following skill would you not use as a counsellor?
 - a. active listening.
 - b. clarifying.
 - c. sympathizing.
 - d. attending.

6. The counselling theory amongst the following that explains that counselling problems are a result of irrational thoughts is the
 - a. Behavioural Therapy.
 - b. Client-centred Theory.
 - c. Rational Emotive Behaviour Therapy.
 - d. Multicultural counselling.
7. School 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.
8. Assertiveness can be said as the ability to
 - a. make other people forcefully agree with you in a discussion.
 - b. habitually submit to other people's requests and demand.
 - c. confidently and clearly express your opinion calmly and politely.
 - d. make sure you get your own way in most discussions.
9. Which of the following statements best describes Career development?
 - a. enrolling in a college.
 - b. a life-long process of choosing a career from many available occupations and progressing in that career.
 - c. passing your examinations.
 - d. finding secure employment and promotion.
10. Counsellors who help clients understand, accept, and resolve problems by using basic counselling techniques so that their clients can lead more satisfying, well-adjusted lives are providing
 - a. group counselling.
 - b. personal counselling.
 - c. career counselling.
 - d. vocational guidance and job placement.

Refer to **Case Study 1.1: Child Abuse Counselling Intervention: The Case of Mary** for questions 11 to 13 below:

Case Study 1.1: The Case of Mary

In one urban school in Swaziland, a teacher noticed that despite the warm weather; Mary wore her school jersey all the time. The teacher became concerned and asked why, Mary said she never felt hot. This continued into summer and she called Mary to her office and asked her to take off her jersey. Mary started crying as she was taking it off because she had fresh burn marks that had stuck to the jersey. The teacher told her that she had to tell the school guidance and counselling teacher; the principal; the police, because what Mary was experiencing, was abuse. Mary was afraid, for she thought the perpetrator; her mother, would kill her. The head called the school guidance and counselling teacher and the police. The school guidance and counselling teacher introduced herself to Mary and told her that they had to tell a social worker; who had to take her to a safe place after listening to her story. She told her that although their conversation would be kept confidential, she had to tell the social worker for her to be able to assist her and her young brother; who was experiencing the same abuse. Mary disclosed that each time she and her brother did not do house hold chores well or did anything that infuriated their mother she would switch on the iron and burn their hands, arms, buttocks, and back. They had iron marks all over their backs, hands and thighs. The mother had marital problems, and seemed to have used the children to vent her frustrations. Her husband had moved out to stay with another woman. The children were taken to the children's home for few days until the social worker had contacted their father. The children underwent several counselling sessions. The mother was said to have a mental problem and had to undergo therapy.

11. Mary's mother vented her anger on the learners mainly because:
 - a. their father had left to live with another woman and there was a discipline problem in the home.
 - b. she could not control her anger and frustration when they did not do their house hold chores well or made her angry.
 - c. the learners were reluctant to fulfill household chores since their father had left to live elsewhere.
 - d. she was afraid the social worker would place the learners in a place of safety.

12. The problem in Mary's house was initially identified as a result of the fact that:
- Mary and her brother told the teacher everything.
 - the teacher saw marks on Mary's body in summer when she did not wear a jersey.
 - Mary refused to take off her Jersey, even in the warm summer weather.
 - the two learners informed their father that they were being abused by their mother.
13. The school guidance and counselling teacher referred the learners for further counselling because:
- their mother abused them merely because they neglected their household chores.
 - their father had left to live with another woman and wanted them to join him.
 - they no longer wanted to stay with their mother and wanted to join their father.
 - they had treat effects of abuse and prevent further abuse.
14. 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.
15. Which Career theorist divided individuals into six basic personalities?
- Holland's Typology Theory.
 - Super's Developmental Theory.
 - Krumoltz's Social Learning Theory.
 - Life Skills.
16. Which theory emphasizes the role of the individual in solving the problem affecting a unit?
- Family Systems.
 - Psychodynamic theories.
 - Cognitive-behavioural theories.
 - all of the above.

17. The founder of Person-centered theory is:
 - a. Carl Rogers.
 - b. Albert Ellis.
 - c. John Holland.
 - d. Sigmund Freud.
18. In the ABC model used in Cognitive-Behavioural Theory, counsellors work with clients to change:
 - a. A = the Activating Events that are causing someone problems.
 - b. B = the Beliefs or Self-Talk associated with the event.
 - c. C = the Consequences or Outcomes of the event by changing feelings and behaviours.
 - d. Whichever of the above is most applicable to the specific situation.
19. In the REBT framework, clients develop problems because of
 - a. Poor bonding with parents.
 - b. Their beliefs.
 - c. Situational stressors.
 - d. All of the above.
20. A boy is acting out at home and at school. The counsellor determines that the boy's problems are functioning to distract his parents from their marital problems. The counsellor is probably practicing from which theoretical perspective?
 - a. Family Systems.
 - b. Psychodynamic.
 - c. Cognitive-Behavioural.
 - d. all of the above.

21. 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?
- Family Systems.
 - Psychodynamic.
 - Cognitive-Behavioural.
 - all of the above.
22. Which of the following is core in establishing therapeutic relationship in counselling?
- confidentiality.
 - genuineness.
 - empathy.
 - all of the above.
23. According to Super's Life Span Career theory the exploring stage includes the following except:
- fantasy.
 - tentative.
 - reality testing.
 - knowledge about the kind of work you enjoy and the kind of worker you are.
24. Career counselling was originally called _____
- Counselling.
 - Vocational guidance.
 - Job and vocational exploration.
 - Person's counselling.
25. The client's right to keep the counselling relationship secret is
- confidentiality.
 - their business.
 - privacy.
 - the client's responsibility.

SECTION B: COMPULSORY

Question 1 (25 marks)

- I. Discuss the following terms as used in Guidance and Counselling giving concrete examples:
 - a. Guidance (4 marks)
 - b. Counselling (4 marks)
 - c. Teaching with infusion/integration (4 marks)
 - d. Congruency (4 marks)
- II. Transference and countertransference are both normal phenomena that may arise during the course of the therapeutic relationship. Understanding these phenomena in counselling is important because the primary focus of counselling is the counsellor-client relationship. Distinguish between transference and countertransference in light of your own training using concrete examples (8 marks)
- III. List one negative personal attribute you have which may get in the way you deal with clients in school and community settings (1 mark)

SECTION C:

Answer one (1) question from this section

Question 1 (25 marks)

- I. What are the **five** (5) major characteristics of Albert Ellis' Rational Emotive Behaviour Therapy? (10 marks)
- II. Explain how a counsellor can assist a learner who is behaving irrationally after losing both of his/her parents in a car accident. (15 marks)

Question 2 (25 marks)

Using Super's Developmental Theory, explain how the self-concept plays a very important role in an individual's career development.