

**UNIVERSITY OF ESWATINI**



**FACULTY EDUCATION**

**DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT**

**FINAL EXAMINATION PAPER NOVEMBER, 2019**

**TITLE OF PAPER: FOUNDATIONS OF GUIDANCE AND COUNSELING**

**COURSE CODE: EFM 607**

**TIME ALLOWED: THREE (3) HOURS**

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

- ALL QUESTIONS IN SECTIONS A AND B ARE COMPULSORY.
- CHOOSE ONE (1) QUESTION FROM SECTION C

**TOTAL MARK ALLOCATION: 100**

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

## SECTION A: COMPULSORY

### Multiple Choice and True or False Questions (40 marks)

#### 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 examination section contains 20 multiple choice questions, each worth 2 marks (*total 40 marks*).
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. [Make sure you read thoroughly any special instructions that may apply to a given portion of the examination].
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 using a dash (-) 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.
8. This examination paper contains 9 pages including the cover page.

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. ☒ X

1. 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
  
2. 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
  
3. According to Carl Rogers, a congruent counsellor is one
  - A. whose actions are not at odds with his or her feelings and thoughts
  - B. whose expression reflects what the client is presenting
  - C. whose choice techniques and interventions remains constant throughout the counselling relationship
  - D. who gets a client to do what he/she wants and also what the counsellor thinks he or she should be doing
  
4. What words would best describe REBT?
  - A. Nondirective and client-centered
  - B. Experiential
  - C. Highly didactic and very directive
  - D. Both (a) and (b)

5. Salient features that should be captured by legislations guiding professional practice in traditional health care should be all BUT which of the following?
- A. Traditional health care must have criteria for identifying practitioners
  - B. Roles of consultation, diagnosis, and care procedures making use of traditional and nontraditional methods should be specified
  - C. Training of the practitioners in an informal context should be supplemented with that in structured formal settings
  - D. Traditional medicine has no efficacy for treatment of mental illness
6. All of the following are basic tenets of multicultural counselling **except**:
- A. culture refers to any minority group who identify or associate with one another on the basis of some common purpose, need or similarity of background
  - B. all counselling is cross culture in nature
  - C. multicultural counselling places emphasis on human diversity in all of its many forms
  - D. culturally responsive counsellors develop awareness, knowledge, skills to intervene effectively into the lives of people from culturally different backgrounds
7. Helping clients to increase self-awareness of their ethnic identity
- A. is important because client's sense of self and their relationship are tied to issues of ethnicity
  - B. is the foundation of multicultural counselling
  - C. is critical in helping clients realize their self-definition and identity will never change
  - D. all of the above

8. A counsellor helps a client understand the reasons behind his substance abuse, and to look at his substance abuse problem as a means of avoiding dealing with his grief over the death of his wife. Which stage of the counselling process is the counsellor likely to be working in?
- A. Exploration
  - B. Insight
  - C. Action
  - D. All of the Above
9. Which programme should be based upon understanding the needs and problems of the students, competence and interest of the guidance personnel?
- A. Guidance and counselling
  - B. Guidance services
  - C. Guidance techniques
  - D. Guidance principles
10. A school counselling programme is to be established in a new government school that has just opened in an expanding school district. The first step in developing the programme is to...
- A. survey the guidance and counselling needs of the student body
  - B. devise behavioural objectives for classroom management
  - C. gather appropriate counselling and guidance materials such as occupational information
  - D. make sure that a guidance and counselling teacher is available
11. Which of the following components is the **least** important in a comprehensive professional guidance and counselling programme?
- A. Student outcomes
  - B. Direct delivery of counselling on a demand basis
  - C. Placement, follow-up, and follow-through activities
  - D. Accurate accounts of the frequency of student-initiated contact with the school's guidance and counselling teacher

12. In consulting with a teacher about disciplinary problems in the teacher's classroom, a guidance and counselling teacher demonstrates keen interest in the teacher's various concerns by listening and empathizing with her. By doing this the guidance and counselling teacher is assuming the role of
- A. a supervisor
  - B. social justice personnel
  - C. a collaborator
  - D. a helper
13. Sibongile, a form two student, tells the guidance and counselling teacher that she is depressed about her recent breakup with her boyfriend. During the conversation, Sibongile says she wishes she "could go to sleep and never wake up. In this situation, the guidance and counselling teacher should...
- A. immediately call the social worker for suicidal evaluation
  - B. assess whether Sibongile is suicidal and intervene if she is
  - C. probe further to decide if Sibongile's statement is serious or a cry for help and should not be somewhat taken serious
  - D. see if there is any chance of reconciliation for Sibongile and her boyfriend
14. Which of the following is NOT an ethical issue for beginning helpers or guidance and counselling teachers in training?
- A. Confidentiality
  - B. recognizing limits
  - C. avoiding dual relationships
  - D. using appropriate attending behaviors during sessions
15. Gugu pressures her client to become guidance and counselling major because she is thoughtful, reflective, and wants to help others. She continues to prod her to declare guidance and counselling as her major, even after she hesitates about whether this is the right choice for her. Which ethical principle is Gugu violating?
- A. nonmaleficence
  - B. fidelity
  - C. autonomy
  - D. beneficence

16. A professional school counsellor has responsibilities to:
- A. students and parents
  - B. their schools/communities and profession
  - C. themselves
  - D. all of the above
17. Which of the following is not a Component of a Comprehensive Developmental School Guidance and Counselling Programme?
- A. Guidance Curriculum
  - B. Responsive Services
  - C. Individual Services
  - D. Individual Planning
18. The father of Vocational guidance is...
- A. Frank Pearson
  - B. Frank Parsons
  - C. Frank Person
  - D. Frank Persons
19. The following are personality types according to Holland Except...
- A. Realistic
  - B. Investigative
  - C. Artistic
  - D. Conversional
20. Postmodern approach to career counselling is about...
- A. the shift toward postmodern career counselling
  - B. the importance of cultural sensitivity in career counselling .
  - C. a reflective process of assisting clients in creating self through writing and revising biographical narratives
  - D. all of the above

## SECTION B: COMPULSORY

### Question 2 (40 marks)

- I. Micro skills are specific skills a counsellor can use to enhance their communication with clients. These skills enable a counsellor to effectively build a working alliance and engage clients in discussion that is both helpful and meaningful. Discuss any four micro skills you can utilize to assist the clients (learners) in your different school contexts with various issues and how you can use them using concrete examples (20 marks). **Note. You will not get any credit for using my examples from class lectures as these are my intellectual property.**
- II. Individuals are best understood within the context of relationships and through assessing the various interactions within an entire family. Explain the validity of this statement in relation to your knowledge of the family systems therapy (3 marks).
- III. Debate 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)



### SECTION C:

**Answer ONE (1) question from this section.**

**Question 3 (20 marks)**

Teaching of guidance and counselling should be learner centered and not content based. Enumerate and argue for any **five (5)** approaches you would use to empower guidance and counselling teachers in training to effectively teach the guidance and counselling lesson giving concrete examples (20 marks).

**Question 4 (20 marks)**

Outline and discuss any **five (5)** factors that necessitated the provision of guidance and counselling to students in the kingdom.