



# MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY  
EXAMINATIONS  
2018/2019 ACADEMIC YEAR  
*FOURTH YEAR SECOND SEMESTER***

**SCHOOL OF EDUCATION  
BACHELOR OF EDUCATION**

**COURSE CODE: EGC 412**

**COURSE TITLE: PERSONAL  
CONSTRUCT AND SKILLS IN  
COUNSELLING**

## **INSTRUCTIONS TO CANDIDATES**

1. Answer Question **ONE** and any other **TWO** questions

### **Question One (Compulsory)**

- a) Identify FIVE benefits of interpersonal relationships to the counselor  
**(5 marks)**
- b) Analyze the concept of personal development in counselor training, highlighting FIVE benefits it brings to the counselor  
**(15 marks)**
- c) Examine FIVE ways in which a counselor can build and maintain trust in interpersonal relationships with clients  
**(10 marks)**

### **Question Two**

- a) (i) Differentiate between self-disclosure and self-awareness in relation to counselor training  
**(2 marks)**  
(ii) Explain FOUR benefits of self-disclosure on interpersonal relationships for counselors **(8 marks)**
- b) Examine Johari's Window in relation to the counselor's self-disclosure and self-awareness in the development of interpersonal relationships **(10 marks)**

### **Question Three**

- a) Give FIVE reasons for the importance of self-awareness in counselor training  
**(10 marks)**
- b) Evaluate the following conflict management strategies with regard to the counselor's desire to maintain cordial interpersonal relationships
  - (i) Withdrawal
  - (ii) Coercion

- (iii) Compromising
  - (iv) Problem solving
- (10 marks)**

**Question Four**

Discuss the following strategies of managing stress for the counselor's need for personal development

- (i) Assertiveness
  - (ii) Self-care
  - (iii) Time management
  - (iv) Physical exercises
- (20 marks)**

**Question Five**

- a) Expound on the concept of personal therapy for counselors in counseling practice  
**(5 marks)**
- b) Discuss the importance of personal therapy for counselors in counseling practice  
**(15 marks)**

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