



# MAASAI MARA UNIVERSITY

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

**SCHOOL OF EDUCATION  
BACHELOR OF EDUCATION  
(REGULAR)**

**COURSE CODE: PSY 410**

**COURSE TITLE: PRINCIPLES OF  
GUIDANCE AND COUNSELLING**

**DATE: 29/4/2019**

**TIME: 14:30 PM - 16:30 PM**

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**INSTRUCTIONS TO CANDIDATES**

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

**QUESTION ONE COMPULSORY**

a.) Explain meaning and significance of the following counselling skills

i.) Active listening (2 Marks)

ii.) Empathy (2 Marks)

iii.) Paraphrasing (2 Marks)

iv.) Questioning (5 Marks)

v.) Eye contact (2 Marks)

b.) Examine **THREE** principles of counselling (10 Marks)

c.) Argue the case for proper implementation for guidance and counselling programs in Kenyan schools (10 Marks)

**QUESTION TWO**

a) Examine **THREE** justifications of referrals during counseling

(10marks)

b) Explain the relevance of behavioristic theories to a school counselor

(10marks)

**QUESTION THREE**

a.) Explain **FIVE** qualities of school guidance and counselling teachers

**(10 Marks)**

b.) Analyze **THREE** circumstances when confidentiality principle may be broken by a counsellor in a helping relationship **(10 Marks)**

#### **QUESTION FOUR**

(a.) Explain any **THREE** core values of counselling **(10 Marks)**

(b.) Explain FIVE aims of counselling **(10 Marks)**

#### **QUESTION FIVE**

(a.) Analyze **THREE** challenges that counsellors face in the course of their work **(10 Marks)**

(b.) Explain the concept of “**here and now**” as used in counselling **(10 Marks)**