



# **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**

**DATE: 29/4/2019**

**TIME: 11:00 – 13:00 PM**

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#### **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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