



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER

SCHOOL OF EDUCATION

(BACHELOR OF EDUCATION)

COURSE CODE: PSY 1204-1

**COURSE TITLE: INTRODUCTION TO GUIDANCE
AND COUNSELING**

DATE: 25TH APRIL 2023

TIME: 8:30AM-10:30AM

INSTRUCTIONS TO CANDIDATES

1. Answer Question **ONE** and any other **TWO** questions.
2. **DO NOT WRITE ANYTHING ON THIS PAPER.**

QUESTION ONE (COMPULSORY)

- a) Define the terms guidance and counselling. **(4marks)**
- b) Explain **FIVE** principles of guidance and counselling. **(10 marks)**
- c) State **FIVE** personal and psychological issues facing students in secondary schools that call for guidance and counselling. **(6marks)**

QUESTION TWO

- a) Explain any **THREE** approaches/ theories that a counselor can use in the counselling process. **(9marks)**
- b) Explain **THREE** qualities of an effective counsellor. **(6marks)**

QUESTION THREE

- a) Explain **FOUR** stages of a counselling process. **(10marks)**
- b) State **FIVE** rights of clients to be observed during a counselling process. **(5marks)**

QUESTING FOUR

- a). Explain **FIVE** steps to follow when setting a guidance and counselling program in school. **(10marks)**
- b) Outline **FIVE** reasons why it is important to have a guidance and counselling program in school. **(5marks)**

QUESTION FIVE

- a) Discuss **FIVE** counselling skills that a counsellor can use in a counselling session. **(10marks)**
- b) Explain the synonym **SOLER** in relation to counselling. **(5marks)**

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