



# **MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS  
2017/2018 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: 20<sup>TH</sup> APRIL 2018**

**TIME: 1100 – 1300 HRS**

---

**INSTRUCTIONS TO CANDIDATES**

Answer Question **ONE** (1) and any other **TWO** questions

*This paper consists of 2 printed pages. Please turn over.*

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

- a) Identify FIVE benefits of interpersonal relationships to the counselor **(5 marks)**
- b) Explain the concept of personal development in counselor training and FIVE benefits it brings to the counselor **(15 marks)**
- c) Give FIVE reasons for the importance of self-awareness in counselor training **(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) Explain FIVE ways in which a counselor can build and maintain trust in interpersonal relationships with clients **(10 marks)**
- b) Evaluate the following conflict management strategies with regard to the counselor's desire to maintain cordial interpersonal relationships  
(i) Withdrawal  
(ii) Forcing/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

### **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)**

.....**END**.....