



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

**2018/2019 ACADEMIC YEAR
FIRST YEAR *SECOND* SEMESTER**

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

COURSE CODE: PSY 1204

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

DATE: 26/4/2019

TIME: 2:30PM - 4:30

INSTRUCTIONS TO CANDIDATES

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

1. a) Give **five** differences between guidance and counselling
(10marks)

b) Expound on **five** aims and objectives of school guidance and counselling
(10marks)

c) Explain **five** responsibilities of school guidance and counselling program/office
(10marks)

2. a) Discuss the following themes of counselling under the following headings :

i. Cases of mal-adjustment
(5marks)

ii. Counselling techniques
(5marks)

b) Provide brief explanations to the following:

i. Psychoanalytic theory
(4marks)

ii. Humanistic theory
(3marks)

iii. Behaviour theory
(3marks)

3. a) Discuss any **five** basic principles of school guidance and counselling

(10marks)

b) Explain any five attributes of an effective school counsellor

(10marks)

4. a) Discuss any **five** reasons why guidance and counselling is more relevant in the Kenyan schools now than never before.

(10marks)

b) Describe **five** challenges that school counsellors face in the course of their work.

(10marks)

5. a) Identify and discuss any **five** counselling needs among high school students

(10marks)

b) Give five differences between individual and group counselling.

(10marks)