



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:

DCDC/MAY 2019

BCD2101:INTRODUCTION TO GUIDANCE AND COUNSELLING

SERIES:AUGUST2019

TIME:2HOURS

DATE:1Aug2019

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of Choose No questions. AttemptChoose instruction.

Do not write on the question paper.

Question one

- a. Define the following terms
 - i. Guidance (2mks)
 - ii. Self-awareness (1mks)
- b. Identify **FOUR** basic principles of counseling (4mks)
- c. State **FOUR** main steps involved during counseling process (4mks)
- d. State any **FOUR** ethical issues in counseling (4mks)
- e. Identify **FOUR** qualities of an effective counsellor (4mks)
- f. State **FOUR** counselling skills (4mks)
- g. Enumerate **FOUR** goals of guidance and counseling (4mks)
- h. State **THREE** approaches in counselling (3mks)

Question two

Kadzo is a student at Technical University of Mombasa, but guess what she was found cheating during examination and referred to you for guidance and counseling

- a. Briefly demonstrate how to create a conducive environment for a counselling session (9mks)
- b. Briefly describe the counseling process you will take her through (6mks)

c. State **THREE** counseling skills you can apply to support Kadzo (3mks)

d. Give **TWO** qualities that your required to demonstrate during the counseling process (2mks)

Question three

a. Briefly describe how an individual can attain self-awareness (6mks)

b. Describe **TWO** types of counseling (4mks)

c. Briefly describe **FIVE** issues in our community that call for guidance and counseling interventions 10mks)

Question four

a. Briefly describe the importance of guidance and counseling (10mks)

b. Contrast between guidance and counseling (10mks)

Question five

a. Briefly describe **FIVE** counseling skills (10mks)

b. Briefly describe **FIVE** counselor's code of ethics (10mks)