



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Social Sciences

UNIVERSITY EXAMINATION FOR:

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
HCP 4103: PRINCIPLES OF GUIDANCE AND COUNSELLING

SERIES: APRIL 2025

TIME: 2 HOURS

DATE: Pick DateApr 2025

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of **FIVE** questions. Attempt question ONE (Compulsory) and any other TWO questions.

Do not write on the question paper.

Question ONE

- Explain the importance of confidentiality in group counseling and describe **FOUR** ways to apply this principle during a session. (10 Marks)
- Using relevant examples, analyze **FIVE** ways a counselor's non-verbal communication can impact the counseling process. (10 Marks)
- Describe how to create a therapeutic environment by applying **FIVE** key counseling principles to foster trust and openness. (10 Marks)

Question TWO

- Define school counseling and explain, with relevant examples, how **FOUR** key principles guide its practice in schools. (10 Marks)
- Evaluate **FIVE** ethical issues a counselor may encounter when providing guidance to students in a multicultural school setting. (10 Marks)

Question THREE

- Define "empathy" in counseling and explain **FOUR** ways it is essential to the counseling process. (10 Marks)
- Discuss **TEN** challenges counselors may face in practicing empathy effectively. (10 Marks)

Question FOUR

- Evaluate the impact of goal-setting in counseling and describe **FIVE** ways it guides the client's journey. (10 Marks)
- Discuss **FIVE** roles of active listening in the counseling process, providing relevant examples. (10 Marks)

Question FIVE

- Discuss **FIVE** contemporary issues in counseling and their impact on the practice of guidance and counseling in modern society. (10 Marks)
- Design a structured intake procedure for new clients, incorporating key counseling principles. (10 Marks)