



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: JULY 2025
TIME: 2 HOURS
DATE: Pick Date Jul 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

- a) Describe **TEN** essential components of an effective school guidance program. (10 Marks)
- b) Advice, with justifications, on how a counselor can apply **FIVE** strategies of active listening skills in a counseling session to facilitate communication. (10 Marks)
- c) Discuss **FIVE** factors that may influence an individual's readiness for counseling. (10 Marks)

Question TWO

- a) Define group counseling and explain any **EIGHT** of its key principles. (10 Marks)
- b) Analyze **FIVE** major challenges group counsellors face in maintaining confidentiality within a group setting. (10 Marks)

Question THREE

- a) Describe the assessment and exploration stage in counseling and its **FIVE** roles in the overall counseling process. (10 Marks)
- b) Highlight with justifications **FIVE** principles that can aid you in navigating the stage in a) effectively. (10 Marks)

Question FOUR

- a) Define **FIVE** key principles of multicultural counseling and explain their significance in the therapeutic process. (10 Marks)
- b) Design a multicultural counseling program of **FIVE** activities for a community organization, integrating principles of cultural competence and ethical practices. (10 Marks)

Question FIVE

- a) "While technology has undoubtedly opened new doors for the field of counselling, it also presents challenges." Substantiate this statement with relevant examples. (10 Marks)
- b) Giving justifications, design **TEN** activity programs counselors can use to address the growing mental health crisis in schools. (10 Marks)