



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Social Sciences

UNIVERSITY EXAMINATION FOR:

BACHELOR SOCIAL WORK AND COMMUNITY HEALTH

HDS 4215: INTRODUCTION TO COUNSELING

SERIES: APRIL 2025

TIME: 2 HOURS

DATE: Pick Date APRIL 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

- Describe two types of counseling. (10 Marks)
- Highlight the stages of the counseling process. (10 Marks)
- Discuss the characteristics of African Traditional Counseling. (10 Marks)

Question TWO

- Explain FIVE qualities that you should possess as a counselor. (10 Marks)
- Highlight the circumstances under which a counselor should consider referral. (10 Marks)

Question THREE

- A counsellor should use specific skills to ensure effective counseling process. Analyze this statement. (10 Marks)
- Describe the SOLER skills, citing their importance in counseling. (10 Marks)

Question FOUR

- Discuss FIVE Principles of counseling. (10 Marks)
- Discuss the origin and development of counseling. (10 Marks)

Question FIVE

- Discuss the characteristics of modern counseling. (10 Marks)
- Evaluate the challenges modern counseling practitioners' experience. (10 Marks)