



# 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:** 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**

- Explain two counseling formats used in traditional counseling. (10 Marks)
- Highlight five techniques used by traditional counseling practitioners. (10 Marks)
- Describe two types of questioning skills, citing their importance in counseling. (10 Marks)

### **Question TWO**

- A counselor should possess various qualities to make counseling effective. Discuss. (10 Marks)
- Highlight the circumstances under which a counselor should terminate a counseling relationship. (10 Marks)

### **Question THREE**

- A counsellor should use specific skills to ensure effective counseling process. Analyze this statement. (10 Marks)
- . Discuss the rationale of counseling development. (10 Marks)

### **Question FOUR**

- A counsellor is guided by several principles in the counseling practice. (10 Marks)
- Discuss the origin and development of counseling. (10 Marks)

### **Question FIVE**

- Discuss key characteristics of traditional counseling set-up. (10 Marks)
- Modern counseling practitioners experience several challenges. Evaluate this statement. (10 Marks)