



# TECHNICAL UNIVERSITY OF MOMBASA

*Faculty of Business & Social Studies*

**DEPARTMENT OF LIBERAL STUDIES & COMMUNITY DEVELOPMENT**

**DIPLOMA IN COMMUNITY DEVELOPMENT AND COUNSELING  
(DCDC JAN 14 Y1 S1)**

**BCD 2101 : INTRODUCTION TO GUIDANCE AND COUNSELING**

**SPECIAL/SUPPLEMENTARY EXAMINATIONS**

**SERIES: JULY, 2014**

**TIME: 2 HOURS**

**INSTRUCTIONS TO CANDIDATES:**

- This paper consists of section **A** and **B**.
- SECTION A:** Answer **ALL (COMPULSORY)** questions
- SECTION B :** Answer any **TWO** question from this section.
- This paper consists of **3 printed** pages

**SECTION A: COMPULSORY (30 MARKS)**

**QUESTION 1**

(a) State **FIVE** steps in setting the counseling environment. (5 marks)

(b) Mention **FIVE** points to bear in mind in the physical arrangement of a counseling room. (5 marks)

(c) State what SOLER stands for in counseling. (5 marks)

(d) What role do the following skills in counseling play:

- (i) Questioning
- (ii) Immediacy
- (iii) Self-disclosure
- (iv) Summarizing
- (v) Confrontation

(5 marks)

(e) Differentiate between paraphrasing and reflection skills. (2 marks)

(f) State **FIVE** personal qualities a counselor should possess. (5 marks)

(g) In setting goals with a client mention how to distinguish the **THREE** goals. (3 marks)

**SECTION B: Answer any TWO questions from this section (40 marks)**

**QUESTION 2**

Discuss the notable developments in the history of counseling between 1900 and 2000. (20 marks)

**QUESTION 3**

(a) State **TEN** forms of unethical behavior in counseling. (10 marks)

(b) Discuss **FIVE** advantages each for;

(i) Individual counseling (5 marks)

(ii) Group counseling (5 marks)

**QUESTION 4**

Hussein has been practicing as a counselor for four years. He has a large client base and had had to expand his clinic to accommodate more clients.

(a) Mention characteristics that have made Hussein an effective counselor. (10 marks)

(b) Explain the ethical principles of counseling. (10 marks)

**QUESTION 5**

A client has explained what has brought her into your counseling room three times and you keep getting the information incorrectly.

- (a) Name **ONE** counseling skill that is lacking in the counselor. **(2 marks)**
- (b) Mention **EIGHT** factors that could be interfering with the use of this skill. **(8 marks)**
- (c) Outline **EIGHT** personal challenges that can affect a counselor's concentration when in a session with a client. **(8 marks)**
- (d) Discuss **TWO** non-verbal skills that are important in the counseling process. **(2 marks)**