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Mount Kenya



University

UNIVERSITY EXAMINATION 2013/2014

SCHOOL OF EDUCATION  
DEPARTMENT OF EDUCATIONAL PSYCHOLOGY AND FOUNDATIONS

BACHELOR OF EDUCATION  
SCHOOL BASED

UNIT CODE: BEDU 421

UNIT TITLE: GUIDANCE AND COUNSELING

DATE: OCTOBER 2013

MAIN EXAM

TIME: 2 HOURS

INSTRUCTIONS

ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS

SECTION A (30 MARKS) - COMPULSORY

QUESTION ONE

- a) Define the term guidance as used in Guidance and counselling (2 mks)
- b) Explain four objectives of guidance and counseling in the school (8 mks)
- c) Discuss four counseling techniques that an effective counselor should apply in the counseling process. (8 mks)
- d) Describe four limitations of group counseling. (4 mks)
- e) Explain the four stages of counseling. (4 mks)
- f) Analyze four challenges faced by peer counselors in the secondary school context. (4 mks)

SECTION B (20 MARKS) - CHOICE  
QUESTION TWO

- a) Analyze the historical development of Guidance and Counseling in Kenya between 1964 and 2002. (8 mks)

*Counseling Theories*

- Psychoanalytic
- Client Centered (Carl Rogers)
- Behavioral Theories

*related with other  
- unique contribution  
achievement*

- b) Describe the components of a comprehensive guidance programme for students in schools. (8 mks)
- c) Explain four reasons why theories are an important aspect in school counseling. (4 mks)

QUESTION THREE \*

- a) Discuss the three levels of consciousness in the psychoanalytic theory. (6 mks) *conscious, sub-conscious, unconscious*
- b) Discuss four defense mechanisms proposed by Sigmund Freud. (8 mks)
- c) Explain the three segments of personality based on the psychoanalytic theory. (6 mks)

QUESTION FOUR

- a) Discuss four considerations to be made in group counseling. (4 mks)
- b) Explain why vocational guidance is essential for all secondary school students. (4 mks)
- c) Describe five roles of a school counselor in establishing an effective guidance programme. (10 mks)
- d) Discuss two advantages of individual counseling. (2 mks)

QUESTION FIVE

- a) Discuss five life skills that are essential in coping with school challenges. (10 mks)
- b) Describe problems encountered by different age groups that require guidance and counseling in schools. (5 mks)
- c) Discuss four challenges encountered by peer counselors in schools. (4 mks)

*Introductory  
- Trust  
- thought  
- then  
- self  
- self*

*education  
vocational  
Credit  
Activities  
Social  
Business  
Immediate  
contingency  
transmission  
self-actualization*

*Phony  
Phony  
impress  
express*