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 Counseling. (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 (70 MARKS) - CHOOSE TWO QUESTIONS FROM THE FOLLOWING

QUESTION TWO

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

b) Discuss four defense mechanisms proposed by Sigmund Freud. (3 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. (4 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)