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**UNIVERSITY EXAMINATIONS**

**2022/2023 ACADEMIC YEAR**

**YEAR: ONE SEMESTER: TWO**

**SPECIAL/SUPPLEMENTARY EXAMINATION**

**FOR THE POST GRADUATE DIPLOMA OF EDUCATION ARTS/SCIENCE**

**COURSE CODE: PSY 712**

**COURSE TITLE: INTRODUCTION TO GUIDANCE AND COUNSELLING.**

**DATE: 21/8/2023**

**TIME: 8.00AM-10.00AM**

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**INSTRUCTIONS TO CANDIDATES**

Answer Question One and Any other TWO (2) Questions

**TIME: 2 Hours**

This Paper Consists of 2 Printed Pages. Please Turn Over.

**QUESTION ONE****30 Marks**

- a) Discuss the importance of psychosocial development today in the higher learning institutions. (5 marks)
- b) Discuss the importance of the counsellor understanding his/her responsibilities According to behavior therapy. (10 marks)
- c) Explain why counselling programmes play a significant role in sustaining Mental health in learning institutions (10 marks).

**QUESTION TWO****15 Marks**

- a) In relation to the Kenyan youths social and mental health situation today, describe conditions that can lead to the creation of Guiding and Counselling programmes in various life entities. (5 marks)
- b) Discuss any six challenges counsellors face today in schools (10 marks)

**QUESTION THREE****15 Marks.**

- a) Explain the relevance of Sigmund's personality development in the psychoanalytic theory (6 marks)
- b) Discuss the importance of free association technique in the world of technology. (9 marks)

**QUESTION FOUR****15 Marks**

- a) Explain the advantages of individual counselling over family counselling. (7 marks)
- b) Explain how the Self – disclosure skills of counselling help an individual to make a sound and committal decision (4 marks)
- c) Explain the purposes of ethical codes in counselling. (4 marks)

**QUESTION FIVE****15 Marks**

- a) Discuss the challenges of identity to the young generation today (4 marks)
- b) i) Explaining the importance of Directive counselling (6 marks)
- ii) Describe Eclectic therapy. (5 marks)