



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2020/2021 ACADEMIC YEAR

FIRST YEAR FIRST TRIMESTER EXAMINATIONS

FOR THE DEGREE

**OF BACHELOR OF SCIENCE IN HEALTH PROFESSIONS
EDUCATION**

COURSE CODE:HPE 203

**COURSE TITLE: COUNSELLING AND GUIDING SKILLS
(SPECIAL EXAM)**

DATE: Wednesday 24th August 2021 TIME: 11:00 Am-2:00Pm

INSTRUCTIONS TO CANDIDATES

- a. All questions are compulsory
- b. Read additional instructions under each subsection
- c. Enter all answers in the answer booklet provided
- d. Write the university registration number on each piece of paper used

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating
SECTION A MULTIPLE CHOICE QUESTIONS

1. Principles that should guide one when making a career choice are;
 - a) One should find a job that fits perfectly and provides total satisfaction
 - b) That there are no limits to career option
 - c) Some vocational decisions are easily reversed
 - d) Vocational choice is a developmental process extending through life
2. Occupational information dissemination is done through the following ways;
 - a) Teachers do not relate subjects to careers which are appropriate and applicable
 - b) Schools rarely assist students to obtain vacation jobs during long vacation
 - c) Trip execution where students go out of school working environment to see the situation for themselves
 - d) The counselor has no role when it comes to career development
3. Characteristics of effective teachers include;
 - a) They establish emotional connections with students while maintaining professional demeanor
 - b) They are vigilant and consistent
 - c) They establish routine and expectations both behavioral and academic
 - d) All of the above are true
4. Bright/ gifted learners are identified by professionals as those with outstanding abilities. They are characterized by ;
 - a) They possess power to learn apply but they do not retain
 - b) They have no incentive desire to know and understand
 - c) They have profound interest in a single area where they excel as experts
 - d) They are not creative and inventive

5. You can increase your resistance to stress by strengthening your physical body by;

- a) Increasing caffeine
- b) Exercise regularly
- c) Avoid alcohol but use cigarettes and drugs
- d) work tirelessly and have enough sleep

6. Classroom management is anything teachers do to establish and maintain a healthy and productive learning environment. They employ the following techniques;

- a) Teachers clearly identify rules and expectations
- b) Establishing classroom climate is not important
- c) Students are engaged in different activities so they feel the urge to create trouble
- d) Instructional planning may not be key in motivating students academic growth

7. Self nurturing is regularly done by making time for fun and relaxation. It is necessary and not luxury, therefore

- a) Connect with others and spend time with negative people
- b) Do something you enjoy everyday
- c) Keep your sense of humor with emotions
- d) Daily schedule should not be planned either

8. Behavioral symptoms include;

- a) Procrastinating or neglecting responsibilities
- b) Sleeping normally
- c) Taking a normal diet
- d) Avoiding toxic substances

9. Stressors can be eliminated by

- a) Learn to say 'yes' know your limits and stick to them
- b) Engaging in hot button topics
- c) Taking control of your environment

3. A counselor is concerned with facilitating the optimum development of students and clients as well as remedying faulty development and prevents shortcomings. Explain functions of a school counselor. 15 marks

- a) Taking tea
- b) Sarcasm and verbal honesty
- c) Constant chewing on gums pens and pencils
- d) Increased intake of caffeine

20. The following techniques are involved psychoanalysis;

- a) Relaxed atmosphere
- b) Tight association
- c) Dream analysis
- d) Client confrontation with his counselor

SECTION B

ANSWER ALL QUESTIONS 40 MARKS FOLLOW THE INSTRUCTIONS ADEQUATELY

1. Outline stages of counseling. These determine how long the session will last. 5marks
2. List characteristics of an effective teacher counselor 8 marks
3. State disadvantages of group counseling 6 mark
4. List behavioral symptoms as a manifestation of stress 6 marks
5. Vocational guidance is a process of helping individual to choose an occupation. State functions of career guidance. 8 marks
6. List considerations applied when making career choice 7 marks

SECTION C

ANSWER ALL QUESTIONS 40 MARKS

1. Skills refer to the competency or accomplishment in communication acquired or developed in training. Discuss basic skills in guiding and counseling. 15 marks
2. According to SigmudFreuid psychoanalytic theory of personality, personality is composed of three elements. Discuss these elements. 10 marks

- c) Advancing problems whenever it occurs
- d) Refraining from problems

15. Characteristics of behavior therapy include;

- a) Focuses on the current influence of behavior
- b) Specifies treatment goals in concrete and objective terms
- c) Relies on basic research as a source of hypothesis
- d) The responses are all true

16. The class teacher is the most useful ally of the counselor in school setting. The class teacher

- a) Study the needs, interest, abilities and problems of each student in class
- b) Achievement assessment is not applicable for students to know their strength and weaknesses in certain subjects
- c) Detection of early symptoms of any abnormality is insignificant.
- d) Can provide vocational motivation to demoralize students

17. Cognitive symptoms of stress may manifest through

- a) Aches and pains
- b) Irritability
- c) Agitation and inability to relax
- d) Anxious or racing thoughts

18. Stress prevents students from concentrating and effective studies through;

- a) School environment has no relationship with learning process
- b) Academic pressure has so much demand on students performance
- c) Students have enough work to do therefore stress may not manifest
- d) Well balanced time management and peer activities propel their performance

19. To the infant, the mother's breast not only is the source of food and drink but also represent her love. Both insufficient and forceful feeding can result in fixation in this stage. Symptoms of oral fixation are;

d) Drop the task is truly necessary to the bottom of the list or eliminate altogether

10. Emotional symptoms

- a) Moodiness
- b) Sense of comfort
- c) Feeling bright
- d) Aches and pains

11. Stress can manifest in physical character. they are identified through;

- a) Diarrhoea / stomach upsets and constipation
- b) Loss of sex drive
- c) All of the above
- d) Non of the above

12. Problems commonly presented to counselor in schools/ institutions are;

- a) Good academic performance
- b) Discipline and delinquency
- c) Teenage pregnancies
- d) Diet and trauma

13. The guidance and counseling program in school can only succeed if it has the support and backing of the school administrator. Their role is;

- a) The school arrangement should not benefit students
- b) Provide budgetary requirements to carry out the program
- c) Teachers sent for in-service training may have no role
- d) Give desirable publicity to the program to violate the relationship of the institution

14. Adaption to the stressor are;

- a) Always focus on the negatives
- b) Perfectionism has no role in avoiding stress