



(University of Choice)

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

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2020/2021 ACADEMIC YEAR
FIRST YEAR, FIRST TRIMESTER EXAMINATION**

**FOR THE DEGREE
OF
BACHELOR OF HEALTH PROFESSIONS EDUCATION
MAIN PAPER**

COURSE CODE: HPE 203

COURSE TITLE: COUNSELLING AND MENTORSHIP

DATE: Monday 25th January 2021 TIME: 8:00-10:00AM

INSTRUCTIONS TO CANDIDATES

Answer All Questions

Section A: Multiple Choice Questions (MCQ)	20 Marks.
Section B: Short Answer Questions (SAQ)	40 Marks.
Section C: Long Answer Question (LAQ)	40 Marks

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 4 Printed Pages. Please Turn Over.

1. Guidance means

- a) Helping individuals to understand the use of education wisely
- b) Individuals are not helped to understand issues around them
- c) Educational activities and services are aimed at misleading individuals
- d) There is no satisfactory adjustments to school and life.

2. Why do we need guidance in schools and institutions of higher learning

- a) Banning of corporal punishment
- b) Tragedies like fires kill many and leave others with scars
- c) Families staying together without challenges
- d) Political stability in a community or country

3. Disadvantages of group counseling **exclude**

- a) Confidentiality is not assured
- b) Individual attention is not emphasized
- c) Counselor cannot work on isolated issues of every client
- d) Group may foster learning of desirable behavior

4. The ego is the component of personality that is responsible for dealing with reality.

- a) It functions in conscious
- b) It functions in the preconscious
- c) It functions in unconscious mind
- d) It not operates based on the reality principle

5. The superego is the aspect of personality that holds all our internalized moral standards

- a) It works to elevate all unacceptable urges.
- b) It includes the rules and standards for good behavior

- c) It is not conscious oriented
 - d) There is no interaction between Id , ego and super ego
6. Symptoms of oral fixation exclude
- a) Smoking
 - b) Constant chewing of gums, pens and pencils
 - c) Nail biting
 - d) Polite language
7. The following are techniques in psychoanalysis
- a) Hostile atmosphere
 - b) congested association
 - c) Analysis of interpretation of transference is irrelevant
 - d) Relaxed atmosphere
8. The person- centered approach maintains the three condition provide a conducive climate to growth and therapeutic change. These conditions are:
- a) Unconditional positive regard
 - b) Empathetic understanding
 - c) Counselor being authentic and genuine
 - d) All of the above
9. An eclectic counselor is one who select what is applicable to the client from a wide range of theories methods and practices
- a) Inexperienced therapist
 - b) Lack of research facilities
 - c) Personality of the counselor
 - d) Addressing people with different problems at the same time
10. The contributions of the school counselor to students, schools and society are dependent upon the existence of certain environmental conditions within the school like:

- a) The counselor should have a time schedule that fits in the school program
- b) Do not provide individual or group guidance services.
- c) Does not collect data about an individual through interviews
- d) Does not conduct counseling interviews to assist individuals

11. Stress prevents students from concentration and effective studies or work which not likely

- a) Environment at school can cause pressure to students
- b) Peers apply pressure on dressing and behavior
- c) Financial constraints when students are not able to meet their needs
- d) Good relationship at home and school

12. Adrenaline causes an increase in

- a) Constricted pupil
- b) Low muscular tone
- c) Cardiac/ heart function
- d) Reduced metabolic rate

13. Exhaustion occurs when there is high levels of stress for a long period. The symptoms are usually irreversible :

- a) Body tissues are not damaged
- b) Food reservoirs are not exhausted
- c) Physical illness come in
- d) Hormones are always stable

14. Managing stress is all about taking charge of your thoughts, schedule and environment. To avoid unnecessary stress there should be

- a) Interact with people who cause you stress frequently
- b) Taking care of the environment is not applicable
- c) Have no limits of interaction when you are stressed

d) Take control of your environment, if evening news makes you anxious turn off TV

16. You can increase your resistant to stress by strengthening your physical body by?

- a) Exercise regularly
- b) Increase caffeine and sugar
- c) Take alcohol, cigarettes and drugs
- d) Avoid enough sleep

17. Basic dimension of human condition exclude

- a) The capacity for self awareness
- b) Tension between freedom and responsibility
- c) Awareness of death and nonbeing
- d) No search for meaning

18. Conditions necessary and sufficient for personality changes to occur

- a) Two persons are in psychological contact
- b) The first, the client, is experiencing incongruence
- c) The second person, the therapist, is congruent or integrated in the relationship.
- d) The therapist experiences unconditional positive regard.

19. Therapist takes on the role of facilitator

- a) Creates a therapeutic role
- b) Exhibits deep trust of group members
- c) Provides support for members
- d) All the above

20. Conditions for creativity counseling include:

- a) Acceptance of individuals

- b) A non judgmental setting
- c) Stimulating and challenging experiencing
- d) All the of the above

SECTION B

ANSWER ALL QUESTIONS 40 MARKS

1. State areas of counseling in a school system(6 marks)
2. List characteristics of an effective counselor (8 marks)
3. Outline advantages of individual counseling (5 marks)
4. State disadvantages of group counseling (6 marks)
5. List characteristics of behavior therapy (5 marks)
6. List symptoms of oral fixation (5 marks)
7. Outline basic guidance and counseling (5 marks)

SECTION C

ANSWER ALL QUESTION 40 MARKS

- 1.a) Discuss functions of counselors in schools/ colleges 10 marks
- 1.b) Discuss causes of stress among students 10 marks
- 2.a) Describe functions of career guidance 10 marks
- 2.b) Describe techniques in Behavior therapy 10 marks