



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

**UNIVERSITY EXAMINATIONS
ACADEMIC YEAR 2022/2023**

FIRST YEAR, SECOND SEMESTER EXAMINATIONS

**FOR THE DEGREE
OF
BACHELOR OF SCIENCE IN MEDICAL SOCIAL WORK**

COURSE CODE: NMS 124

COURSE TITLE: FOUNDATIONS OF COUNSELLING

DATE: 12TH APRIL 2023 TIME: 11:30AM- 2:30 PM

INSTRUCTIONS TO CANDIDATES

All Questions Are Compulsory

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.

MULTIPLE CHOICE QUESTIONS (20 MARKS)

C. Tell her that you are a model in teaching.

D. Talk to her friends.

6. To be an effective multicultural counsellor, one should _____.

A. study and learn all he can about other cultures

B. take opportunities to become immersed in cultural events and sites

C. do some personal discovery

D. All of the answers are correct.

7. Counsellors who choose their approach and techniques according to the needs and capacity of each individual client are said to be

A. humanistic

B. affective

C. cognitive

D. eclectic

8. Confidentiality may be breached by a counsellor

A. when ordered by the court

B. when a member is no longer part of the group

C. to the parents or spouse of the group members

D. under no circumstances

9. The responsibility of the counsellor is to _____.

A. Express their view to the counselee.

B. Make decisions for the counselee.

C. Set up goals for the counselee.

D. Following-up with the counselee

10. Which statement about counselling is QUESTIONABLE?

A. Counselling is inherent in a school.

B. Counselling is a cooperative endeavour.

C. Counselling does not involve the principal and other school personnel.

D. Counselling enhances the guidance program, teaching, and supervision.

11. A person's early experiences are

- A. Not important materials in counselling therapy
- B. Determinants of the persons present judgements
- C. Experience that must be explored in counseling or therapy
- D. Of interest but not of much significance for who one is now.

12. The client transfers feelings of others toward the therapist is:

- A. Integrity
- B. Transference
- C. Countertransference
- D. None of the above

13. Conditional response may be eliminated by withdrawing reinforcement. This is known as:-

- A. Extinction
- B. Discrimination
- C. Spontaneous recovery
- D. Stimulus generalization

14. Which of the following approaches to personality is deterministic

- A. The humanistic approach
- B. The behavioural approach
- C. The psychoanalytic approach
- D. The social learning approach

15. an effective disorder in which a person swings from one mood extreme to another is classified as

A. Bipolar

B. Unipolar

C. Manic

D. Depressive

16. gestalt theory emphasizes

A. A flow of consciousness

B. The atoms of thought

C. Environmental stimuli

D. Our tendency to see pattern

17. for an effective non directive counselling session, which one of the following will be most essential .

A. Training of the counsellor

B. Establishing rapport with a client

C. Expertise using test

D. Conversational fluency

18. counselling process is

A. Unstructured way of helping a person called client

B. An individual effort to bring solution of a problem

C.A planned structured dialogue between client and counselee

D.A way to deal with the problem

19.what are values

A.A set of action

B.A set of basic and fundamental beliefs

C.A set of personal qualities

D.A set of experiences

20. In a multicultural counselling, the counsellor is aware of his

A.Petty wishes and selfishness

B.Behaviour towards clients

C.Own personal problems

D.Clients different castes and beliefs

SHORT ANSWERED QUESTIONS(40 MARKS)

1.Describe who involuntary clients are and give an example of an approach. (8 Marks)

2. Explain the holistic approach in counselling? (8 Marks)

3.Describe various personality factors required for an effective counsellor. (8 Marks)

4.What is meant by ethics? Indicate the importance of ethics and value in counselling (8 Marks)

5. Explain the psychodynamic technique of counselling (8 Marks)

MULTIPLE CHOICE QUESTIONS (20MARKS)

1.Students learn the practical application of counselling theories during a:

- A. Burnout
- B. Internship
- C.Practicum
- D.Continuing education

2. The basic foundational tools involved in developing effective counselling relationships and a positive environment for change are:

- A. Micro skills
- B. Macros skills
- C.Listening skills
- D.Empathy

3.The counselling profession is based upon some general philosophical propositions. Which of these is not one of them?

- A. counselling aims to promote human growth and development
- B. counselling considers physical as well as psychosocial environment.
- C.counselling facilitates person-environment fit.
- D.counselling is a clearly defined helping relationship

4.Which of these is not one of the core elements of the helping relationship?

- A. psychodynamics
- B. theory
- C.social influence
- D.human relations

5.Kristina is already in her senior year of high school. After attending their symposium or career choices, Christina is still confused with her career plan, whether to take Teaching or Physical Therapy. How would you assist her?

- A. Tell her to choose a course that is closer to her heart.
- B. Tell her to take an aptitude test to know about her strengths.

LONG ANSWERED QUESTIONS (40 MARKS)

1.(a) Identify and explain 10 issues that would subject university students to counselling.

(b) Write a short essay on the basics of counselling.

2.(a) State the meaning and definition of counselling. Describe briefly the need of counselling.

(b) Critically examine the factors influencing counselling process.