



MACHAKOS UNIVERSITY COLLEGE

(A Constituent College of Kenyatta University)

University Examinations 2016/2016

SCHOOL OF EDUCATION

DEPARTMENT OF EDUCATIONAL PSCHOLOGY

FIRST SEMESTER EXAMINATION FOR DIPLOMA IN EDUCATION

EPS 0202: INTRODUCTION TO GUIDANCE AND COUNSELLING

Date: SCHOOLBASED

Time:

INSTRUCTIONS

*This paper consists of **FIVE** questions. Question ONE is compulsory.
Answer any two questions from section B.*

SECTION A (30 MARKS)

1. (a) Define guidance and counseling. (1 mark)
- (b) Explain counseling as a process. (4 marks)
- (c) Discuss Warmth, Acceptance, Genuineness, and Empathy as guiding principles to counseling. (8 marks)
- (d) Identify five reasons why students require guidance and counseling. (5 marks)
- (e) Outline the challenges that faced the society impacting directly on educational instructions that prompted the Ministry of Education to call for the establishment of guidance and counseling in schools in 1971. (8 marks)
- (f) Outline four psychological adjustment problems in students. (4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (40 MARKS)

2. (a) Differentiate between transference and counter transference as used in the psychoanalytic theory/ approach of counseling. (4 marks)
- (b) State the goals of psychoanalytic approach of counseling. (4 marks)

- (c) Other than psychoanalytic theory explain any other four counseling theories. (12 marks)
3. (a) What is a school guidance programme? (1 mark)
- (b) What is the importance of educational guidance to students? (3 marks)
- (c) Differentiate between;
- i. Vocational and avocational guidance. (2 marks)
 - ii. Individual and group guidance. (2 marks)
 - iii. B.G.Williams and Carl Rogers counseling techniques. (2 marks)
- (d) Explain the skills that a counselor should be equipped with, that are necessary for a counseling process. (10 marks)
4. (a) Outline four objectives of career guidance. (4 marks)
- (b) Discuss the various ways of disseminating career information to students in Kenyan schools. (12 marks)
- (c) State four impediments to a good career choice. (4 marks)
5. (a) What is psychological adjustment? (2 marks)
- (b) State the characteristics of maladjusted people. (5 marks)
- (c) How does the family contribute to a learner's maladjustment? (7 marks)
- (d) As a teacher how can you assist a student attain psychological adjustment? (6 marks)