



MACHAKOS UNIVERSITY

University Examinations 2016/2017

SCHOOL OF EDUCATION

DEPARTMENT OF EDUCATIONAL PSYCHOLOGY, ECE & SNE

.....YEARSEMESTER EXAMINATION FOR DIPLOMA IN

.....

EPS 0202: INTRODUCTION TO GUIDANCE AND COUSELLING

DATE:

TIME:

INSTRUCTIONS

Question ONE is compulsory, Answer any TWO other questions

1. a) Define the following terms (3 marks)
 - i. Guidance
 - ii. Counseling
 - iii. Rapport
- b) Highlight how you can could assist a student to overcome stress (7 marks)
- c) Explain five distinctions between guidance and counseling (10 marks)
- d) Discuss five effects of drug and substance abuse among the youth. (10 marks)
2. Give examples of situations when a counselor can use the following techniques
 - i. Silence
 - ii. Observation
 - iii. Questions
 - iv. Self-Disclosure (20 marks)
3. a) Describe emotional and Psychological problems which affect students in Secondary Schools. (10 marks)

- b) Active listening is among the general techniques used in guidance and counseling. Highlight five characteristics that influence listening. (10 marks)
- 4. a) You have been invited as a facilitator to a seminar where class teachers are being sensitized on the significance of guidance and counseling in school within your location. Highlight your presentation. (10 marks)
- b) Discuss why the media has been cited as one of the main contributors to drug and substance abuse among the youth (10 marks)
- 5. a) Describe five instances when confidentiality can be broken. (10 marks)
- b) Explain how teacher can help parents to cope with children who display excessive anxiety (10 marks)