



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES

JAN – APRIL 2025 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification : COUNSELLING PSYCHOLOGY LEVEL 6
Code : PSY/CU/CO/CR/02/6/A
Unit of Competency : ASSESS THE CLIENT

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

- 1. Read all the instructions carefully before attempting the questions.*
- 2. Answer all questions in section A. In Section B, answer Question 11 (compulsory) and any other TWO questions.*
- 3. You are allowed 3 Hours to Answer the questions.*
- 4. Marks for each question are indicated in brackets.*
- 5. Write your responses in the Separate Answer booklet provided.*
- 6. Do not write anything on this question paper.*

SECTION A: (40 MARKS)

Answer all questions. Each question carries 4 marks.

1. Define counselling. (4 marks)
2. State two (2) objectives of counselling. (4 marks)
3. List four (4) features of an effective counselling venue. (4 marks)
4. Identify two (2) types of information collected during an intake session. (4 marks)
5. Name four (4) counselling skills used to establish a strong counsellor-client relationship. (4 marks)
6. Mention four (4) ethical considerations a counsellor must observe. (4 marks)
7. List two (2) situations where a client may require a referral. (4 marks)
8. Identify three (3) psychological assessment tools used in counselling. (4 marks)
9. Mention two (2) types of feedback counsellors seek from clients. (4 marks)
10. Name two (2) counselling techniques used to facilitate self-expression. (4 marks)

SECTION B: (60 MARKS)

Answer Question 11 (compulsory) and any other TWO questions. Each question carries 20 marks.

Question 11 (Compulsory) - Case Study

During an intake session at a community counselling center, you meet with Alex, a 25-year-old client struggling with stress and difficulty adjusting to a new job. Alex expresses uncertainty about counselling and is hesitant to share details.

- a) Discuss four (4) counselling techniques you could use to encourage Alex to open up, explaining how each technique fosters trust and openness. (10 marks)
- b) Explain how four (4) counselling skills would help Alex feel more comfortable and supported during the session. (10 marks)

Question 12

- a) Describe four (4) counselling techniques that facilitate effective client engagement and explain their significance in a counselling session. (10 marks)
- b) Discuss four (4) challenges that may arise when using counselling skills and propose solutions to address them. (10 marks)

Question 13

- a) Explain four (4) essential listening skills in counselling and discuss how they contribute to effective communication. (10 marks)
- b) Identify four (4) factors that influence the effectiveness of counselling skills and elaborate on their impact in a counselling session. (10 marks)

Question 14

- a) Discuss four (4) barriers to effective counselling and suggest strategies for overcoming them. (10 marks)
- b) Explain the role of self-awareness in counselling and describe four (4) ways a counsellor can enhance their self-awareness for better practice. (10 marks)