



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE CERTIFICATE IN COUNSELING
PSYCHOLOGY**

**JANUARY-APRIL 2021 SEMESTER
COURSE CODE: CCOU0114
COURSE TITLE: INTRODUCTION TO COUNSELLING PSYCHOLOGY
EXAM DATE: 9TH APRIL 2021
DURATION: 3 HOURS
TIME: 8.00 A.M**

INSTRUCTIONS:

- Read the instructions and questions carefully before you write the answers.
- This Exam has TWO SECTIONS.
- **SECTION A** is Compulsory.
- Answer any **TWO** questions in **SECTION B**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

- a) Explain two goals of counseling. (4 Marks)
- b) Outline two differences between counseling and psychotherapy. (4 Marks)
- c) Describe any two qualities of an effective counsellor. (4 Marks)
- d) Discuss two means of building rapport with clients. (4 Marks)
- e) Describe two ethical standards to be observed and maintained in counseling. (4 Marks)

SECTION B : ANSWER ANY TWO (2) QUESTIONS

QUESTION TWO

- a) Discuss the last two steps of the counseling process. (4 Marks)
- b) Describe three types of counseling. (6 Marks)

QUESTION THREE

- a) Analyze two steps of client-centered counseling. (4 Marks)
- b) Explain any three skills that an effective counselor can use with clients (6 Marks)

QUESTION FOUR

- a) Explain the term empathy as used in counseling. (4 Marks)
- b) Describe three reasons for termination that is initiated by the client. (6 Marks)

QUESTION FIVE

- a) Differentiate between congruence and unconditional positive regard. (2 Marks)
- b) Discuss two functions of paraphrasing in counseling. (4 Marks).
- c) Describe two objectives of challenging clients. (4 Marks)