



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

SEPTEMBER-DECEMBER 2019

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU2224

COURSE TITLE: COUNSELING SKILLS & TECHNIQUES

EXAM DATE: THURSDAY 5TH DECEMBER 2019

DURATION: 2 HOURS

TIME: 5:30PM-7:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- This exam script consists of **Six (6)** questions.
- Answer **question ONE** and **Any other three (3)** questions
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY

A). Explain the following terms:

i. Assessment

(2 marks)

ii. Immediacy

(2 marks)

B). Discuss two reasons why clients seek for help.

(4 Marks)

C). Analyze three tasks that need to be accomplished in the interviewing and counseling of a client.

(6 Marks)

D). Describe four important things the counselor must remember in attending to the client's behavior.

(8marks)

E). Counseling interventions may be described within the major categories through which the problems are enacted. Discuss 2 categories.

(4 Marks)

F). Describe with examples two ways spirituality can have a positive impact in therapy on the client.

(4 Marks)

QUESTION TWO

A). Describe two ethical issues a counselor should consider during assessment.

(2 Marks)

B). Assessment is a means by which the counselor clarifies the client's world. Discuss three functions of assessment.

(6 Marks)

QUESTION THREE

A). Challenging/ confronting is a logical step in listening. Evaluate two ways you can confront a client in therapy.

(4 Marks)

B). Distinguish between process goals and outcome goals in counseling explaining the importance of each.

(6 Marks)

QUESTION FOUR

A). Discuss any two (2) reasons why goal setting is important in counseling.

(4 Marks)

B). Analyze any three (3) factors that can influence the strategy the counselor uses in therapy.

(6 Marks)

QUESTION FIVE

A). Evaluate the importance of forming a helping relationship in therapy.

(4 Marks)

B). Describe three important counseling skills in listening to the client's story.

(6 Marks)

QUESTION SIX

A). Explain the importance of minimal encouragement in counseling.

(2 Marks)

B). Analyze three roles of good questions in counseling.

(6 Marks)