



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR DIPLOMA IN
COUNSELING PSYCHOLOGY
SEPTEMBER-DECEMBER 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COD110

COURSE TITLE: COUNSELLING SKILLS THEORY

EXAM DATE: THURSDAY 5TH DECEMBER 2019

DURATION: 2 HOURS

TIME: 9:00AM-11:00AM

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 has TWO SECTIONS
- SECTION A is Compulsory- Total Marks - 30
- Answer **THREE** question out of **SIX** questions in **SECTION B** - Total Marks 30.
(Each question in this section is 10 Marks).
- *ALL PAC University's examination rules and regulations apply*

Section A – Answer all the Questions in This Section Total Marks – 30%

1. (a) Define the following terms
(i) Counseling (2 Mks)
(ii) Skills (2 Mks)
(iii) Attending skill (2 Mks)
(iv) Concreteness skill (2 Mks)
- (b) Explain **one** purpose of each of the following counseling skills:-
(i) Immediacy (2 Mks)
(ii) Empathy (2 Mks)
(iii) Advanced level empathy (2 Mks)
(iv) Silence (2 Mks)
- (c) Discuss **any three** important fundamentals of counseling (6 Mks)
- (d) Discuss **any three** key problem management questions in a counseling set up (6 Mks)
- (e) Indicate briefly how this course has been helpful to you (2 Mks)

**SECTION B: Answer any three questions from this section. Each question is 10 Mks
Total Marks – 30 %**

2. (a) Discuss **any two** reasons why counselors help clients formulate goals (6 Mks)
- (b) Identify **any two** reasons why clients become reluctant in a Counseling session (4 Mks)
3. (a) Explain **any two** specific skills that would help a client's challenge their blind spot areas and move to new perspectives (4 Mks)
- (b) Discuss **any two** ways that a counselor self disclosure skill used wisely can remain relevant to a client in a session. (4 Mks)
- (c) Describe any effective skill or technique you can use in terminating a counseling session (2 Mks)
4. (a) Discuss **any two** stages of Nelson Jones Model in a counseling session (6 Mks)
- (b) Explain **any two** purposes of questioning skill (4 Mks)
5. (a) Discuss **any** major purpose of using minimal prompt skill in a session (3 Mks)
- (b) Explain **any two** ways in which assessment is done in a counseling situation (4Mks)
- (c) Describe how a counselor can build a therapeutic alliance in a session (3 Mks)
6. (a) Discuss any two effects of using Carol Rodgers core conditions by a Counselor in a therapy session (6Mks)
- (b) Explain any two qualities of an effective counselor (4Mks)