



**PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES
JANUARY – APRIL 2025 ASSESSMENT**

FORMATIVE ASSESSMENT

Qualification Code : 031306T4PSY
Qualification : COUNSELLING PSYCHOLOGY LEVEL 6
Code : PSY/OS/CO/CR/10/6
Unit of Competency : ADOLESCENT COUNSELLING

**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 the questions in this section.

1. An adolescent counsellor is guided by the code of ethics during his or her practice. State FOUR ethical and legal issues a counsellor adheres to when counselling an adolescent.
(4 Marks)
2. Erickson's psychosocial theory outlines "identity vs role confusion" as a key stage at adolescence. Identify FOUR characteristics of an adolescent at this stage as described by the theory. (4 Marks)
3. The counselling room plays a crucial role in the therapeutic process. State FOUR factors to consider when designing a counselling room. (4 Marks)
4. There are several triggers of stress in our day to day lives ranging from environmental to psychological factors. Highlight four factors that led to emergence of counselling in Kenya (4 Marks)
5. Jennifer, a counsellor, keeps her counselling records meticulously. Outline FOUR benefits of maintaining records in counselling practice. (4 Marks)
6. Counselors conduct regular evaluation of their clients' progress throughout the counselling process. Identify FOUR evaluation tools that can be used by an adolescent counsellor. (4 Marks)
7. A treatment plan directs the steps the mental health professional and the adolescent must take to help them achieve their counselling goals. Name FOUR items contained in a treatment plan. (4 Marks)
8. Teacher Joe realizes that his class of teenagers has a problem. Identify FOUR disadvantages of group counselling to the class (4 Marks)
9. Adolescence is characterized by rapid physiological and cognitive changes. Psychoanalysts view it as a period of developing sexual attraction and exploring their sexuality. Outline FOUR benefits of providing sex education to adolescents in schools.
(4 Marks)
10. Mention four disorders that are commonly diagnosed among the adolescents. [4marks]

SECTION B: (60 MARKS)

Answer any **THREE** questions from this section.

Question 11

Alicia is 17 years old. She is in her first year in college, taking clinical medicine and surgery. She wanted to study fashion and design, but her stern mother insisted on medicine. She is having arguments with her mother because of her average performance in school. She recently got a boyfriend and she feels nervous and not sure how to handle these new feelings. She also feels undeserving of the boyfriend because she describes herself as “not good looking.” Her friends are encouraging her to put on make-up, which she actually does not like, but does it anyway.

- a) Explain FIVE issues you would address as Alicia’s counsellor. (10 Marks)
- b) According to Freud’s Psychosexual theory, identify Alicia’s developmental stage. (2 Marks)
- c) Explain FOUR characteristics of people at the stage identified in question (b) above. (8 Marks)

Question 12

St Anne’s Senior School is an international high school that offers quality education to teenagers from low-income families across Africa. Most students do not go home for holidays. They are allowed to remain in school. The school counsellor has worked for four consecutive years without taking a break. The counsellor is concerned that he may not be providing quality services to the students.

- a) Explain FIVE strategies the counsellor can employ to maintain his competence. (10 Marks)
- b) Describe FIVE benefits of personal therapy to the counsellor at St Anne’s Senior School. (10 Marks)

Question 13

Asha is a 16-year-old high school student who has been attending counselling sessions for the past six months to address symptoms of depression and anxiety. As the counsellor terminated the therapy, they recognized the need to make a referral.

- a) Discuss FIVE reasons that may lead an adolescent counsellor to terminate a counselling session. (10 Marks)

b) Give a description of FIVE theories that can be used during adolescent counselling. (10 Marks)

Question 14

Lazarus comes from a conservative family where discussions about sexuality are considered taboo, and he receives limited sexual education at school. He finds himself attracted to both boys and girls, which has led to internal conflict and self-doubt. He is unsure about his sexual orientation and feels isolated, as he does not have anyone to talk to about his feelings.

a) Explain FIVE counselling goals the counsellor would make in Lazarus's case. (10 Marks)

b) Discuss FIVE counselling interventions the counsellor would use in Lazarus's issue.

(10

Marks)