

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/07/6

Provide Guidance and Counselling in Learning Institutions

Nov/Dec 2024



TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION  
COUNCIL (TVET CDACC)

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. The paper consists of **TWO** sections: A and B.
2. Marks for each question are indicated in the brackets.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

*This paper consists (3) printed pages.*

*Candidates should check the question paper to ascertain that all pages are printed as indicated and that no questions are missing*

**SECTION A: (40 MARKS)**

**Answer ALL questions in this section**

1. The terms below are used to describe key elements in guidance and counselling. Define the following terms; (4 Marks)
  - a) Psychoeducation
  - b) Coaching
2. Guidance and counselling play an essential role in effective teaching and learning in institutions. Identify FOUR functions of guidance and counselling in your institutions. (4 marks)
3. One principle of guidance and counselling is the “recognition of a client’s dignity and worth”. State THREE meanings of this principle (3 marks)
4. Confidentiality is key in guidance and counselling to enable a client to freely share, but some situation may propel a counselor to break confidentiality. State FOUR reasons that may propel a counselor to break confidentiality. (4 Marks)
5. Jane has been recruited in a school as the guidance counsellor. Identify FIVE types of school guidance. (5 Marks)
6. Many students are struggling with HIV/AIDS stigma. Name THREE main aims of offering HIV/AIDS guidance and counselling in your institution. (3 Marks)
7. Counsellor Josephine has been handling a student who was raped by the uncle. After some time, she realized that it was really overwhelming for her and she needed to seek supervision. Highlight FOUR goals of supervision. (4 marks)
8. Counselling skills are key element in helping client feel safe and secure in a counselling session. Name FOUR skills applicable in a group counselling session. (4 Marks)
9. Joan is in grade 5, the class teacher noticed that she has a learning disability and referred her to you for three therapy sessions which she undertook. Identify FOUR ways in which you would terminate the guidance and counselling session. (4 marks)
10. Partnership with other stakeholders is important when implementing guidance and counselling in learning institutions. Name FIVE stakeholders that you as the guidance counsellor can work with, in implementing guidance and counselling programs in a learning institution (5 marks)

**SECTION B: (60 MARKS)**

**Answer any THREE questions in This section**

11. ✓ Counsellor Julie has been having sessions with Wanjala, a trainee at Ng'iya VTC who has been having difficulties concentrating in class after the death of his mother. Later realized that she is not helping him get the support he needed. She therefore decided to make a referral to enable him receive appropriate and effective support.
- a) Discuss FIVE reasons for a referral. (10 marks)
- b) Discuss FIVE factors to consider when making a referral in guidance and counselling. (10 marks)
12. The school management has invited you to offer counselling to peer educator club members who have been experiencing relationship issues.
- a) Discuss SIX stages of the counselling process, you can apply while addressing such issues among students. (10 marks)
- b) Describe FIVE guidance and counselling tools applied to collect sufficient information in learning institutions (10 marks)
13. ✓ Self-evaluation as a counsellor is important. It involves reflecting on your own skills, your professional strengths and limitations to able you deliver effective counselling services.
- a) Describe FIVE steps for a counselor to carry out self-evaluation (10 marks)
- b) School counselors play a crucial role in providing educational counseling to students. However, they face various challenges in their profession. Describe FIVE challenges counselors experience while delivering guidance and counselling services in learning institution. (10 marks)
14. The Guidance and Counselling Coordinator from a Technical Training Institute has invited you to have a group counselling session with a group of ten students who are experiencing difficulties coping due to addiction.
- a) Discuss FIVE stages of a group counselling sessions (10 marks)
- b) Explain FIVE advantages of a group counselling over individual counselling of each student. (10 marks)

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