



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION

SDV0252: MENTORING AND PEER COUNSELING

FRIDAY, NOVEMBER 26, 2010

1130HRS – 1430HRS

INSTRUCTIONS

- This Exam Script has **TWO (2)** Sections.
- Answer **ALL** questions in both sections.
- Write your **student number** on the Answer Booklet.
- Read all questions carefully before attempting.

PAN AFRICA CHRISTIAN UNIVERSITY
MENTORING AND PEER COUNSELLING
FINAL EXAM

DATE: 26th NOVEMBER 2010

TIME: 2 HOURS

INSTRUCTIONS

This Exam contains TWO (2) Sections. Answer ALL questions in Section A and B. Read All questions carefully before attempting.

SECTION A (8 MRKS)

*(Match the concepts in **COLUMN A** with their corresponding meanings in **COLUMN B**)*

<u>COLUMN A</u>	<u>COLUMN B</u>
A. Reflective	The way we receive, welcome and converse with clients.
B. Attending	A type of listening that involves listening for feelings.
C. Enhancement goals	Counselling goals that involve assisting clients to overcome traumatic events such as post-election violence, an accident or even the death of a loved one.
D. Interpretive	The aim of this type of counselling is to help clients discover available and realistic options for specific situations in their lives and the consequence of each.
E. Counselling	The connection within a relationship that makes it safe and comfortable for parties involved.
F. Remedial goals	The types of goals that include dealing with areas clients are confused about for example finances, relationships and career prospects.
G. Exploratory goals	Providing a safe and calm environment within which a person may solve their problems.
H. Rapport	Listening that involves repeating back to clients what they have said as well as summarizing in your own words what one has heard.

SECTION B: SHORT ANSWER QUESTIONS (52 MRKS)

Answer ALL questions in this section.

1. Give THREE reasons why it is important to study the course mentoring and peer counselling. (3 MRKS)
2. Describe Any THREE features of a mentor-mentee relationship, clearly highlighting their importance in the mentoring relationship. (6 MRKS)
3. Define Peer Counselling. (2 MRK)
4. Peer Counselling is based on the concept that peers are more likely to seek help and counsel from each other. Give THREE reasons for this likelihood. (3 MRKS)
5. Attending to clients involves being conscious of a clients physical environment in order to enhance their comfort and ease their open up. The Acronym SOLER, describes ways peer counsellors can enhance the process of attending. Complete the letters in the acronym SOLER. (5 MRKS)

S - _____

O - _____

L - _____

E - _____

R - _____

6. Time is an asset that many often misuse. Discuss any THREE ways we can improve our time management. (3 MRKS)
7. Differentiate the following terms.
 - a. Professional Counsellors and Lay Counsellors (2 MRKS)
 - b. Cloning Mentoring Model and Apprenticeship Mentoring Model (2 MRKS)
8. Describe your understanding of the following terms.
 - a. Christian counselling (2 MRK)
 - b. The Messiah Syndrome (2 MRK)
 - c. E- Mentoring (2 MRK)

9. The Acronym HUGE summarizes four key qualities that are essential for effective peer counsellors. List these four qualities and discuss why each of them is an important quality in the counselling relationship. (8 MRKS)
10. The process of counselling involves not giving advice to clients even when they demand it. Give THREE reasons why it is inappropriate to give advice to clients. (3 MRKS)
11. During this course, you have had the opportunity of being involved in a mentoring relationship. Describe any TWO challenges you faced during this relationship and highlight ways you overcame each one. (4 MRKS)
 - b. Highlight key lessons you have learnt as a result of undertaking the course Mentoring and Peer Counselling. (5 MRKS)