



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR DIPLOMA IN COUNSELING
PSYCHOLOGY**

May-August 2025 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD110

COURSE TITLE: COUNSELING SKILLS THEORY

EXAM DATE:

DURATION: 3 HOURS

TIME: 6:00PM-9:00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question ONE and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY (20 MARKS)

Read the following excerpt of a counselling session and answer the questions that follow:

Client (Sarah): I have so many things that are going on in my life right now. Another hectic semester has started, my father lost his job and my mother is unwell with a terminal disease. (silence)..... I find myself running around trying to take care of everything in the house. I have to buy food, look after my siblings, go to work and I have to complete my assignments. I am behind on all my schedules. I am not sure I can take it anymore.” No, no, I can’t! (starts sobbing).

- a) Explain TWO reasons why silence occurred for the client. (4 Marks)
- b) Highlight TWO questions you would use to respond to sarahs issue. (4 Marks)
- c) Paraphrase what the client said. (4 Marks)
- d) Discuss any FOUR qualities that you would need to respond to Sarah effectively. (4 Marks)
- e) List two supportive skills with a brief outline that can help Sarah feel understood and not judged. (4 marks)

Section Two (Answer all questions from this section).

QUESTION TWO:

- a) Highlight how this course has been helpful to you. (2 Marks)
- b) Discuss Two ways that a counselor can facilitate a client tell their story. (4 Marks)
- c) Illustrate any Two contents or parts contained in the Client-Counselor’s Contract. (4 Marks)

QUESTION THREE:

- a) Explain any One component of a termination session. (2 Marks)
- b) Describe any Two situations when a counselor can confront a client. (4 Marks)
- c) Discuss Two reasons on the importance of helper self-disclosure in helping clients challenge themselves. (4 Marks)

QUESTION FOUR:

- a) Outline any One characteristic of a therapeutic relationship. (2 Marks)
- b) Highlight Two key aspects of the attending skill. (4 Marks)
- c) Explain any Two specific skills that would help a client challenge their blind spot areas and move to new perspectives. (4 Marks)

QUESTION FIVE:

- a) Highlight One area where it is appropriate to use challenging skills.
(2 Marks)
- b) Explain any two guidelines of using probes. (4 Marks)
- c) Discuss how you would use any Two core conditions of Carl Rogers theory to help a client. (4 Marks)