



UNIVERSITY EXAMINATIONS

2ND SEMESTER 2023/2024 ACADEMIC YEAR

**THIRD YEAR EXAMINATION FOR THE DEGREE OF
BACHELOR OF PSYCHOLOGY**

EPSC 321: PRINCIPLES OF GUIDANCE AND COUNSELLING

STREAM: R

TIME: 2 HRS

DAY: MONDAY (8.30-10.30AM)

DATE: 15/4/24

THIS QUESTION PAPER CONSISTS OF TEN (10) PAGES

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.



INSTRUCTIONS: Answer ALL questions

SECTION A

In the following questions 1-30 write the correct letter corresponding to the most correct answer in the answer sheet.

1. Which theorist emphasized the concept of unconditional positive regard?
 - A. Albert Ellis
 - B. Sigmund Freud
 - C. William Glasser
 - D. Carl Rogers

2. Behavioral counseling is based on the theory that human development is primarily a function of an individual's
 - A. Progression through a series of stages.
 - B. Growing mastery over unconscious drives.
 - C. Interaction with the environment.
 - D. Internalized sense of self-worth.

3. Four elementary school students have been meeting regularly with a school counselor. The counselor uses an activities-based approach to foster the students' development of social skills. Which of the following actions by the counselor would most likely have a disruptive effect on current group processes?
 - A. Meeting on a different day of the week
 - B. Adding a new member to the sessions
 - C. Increasing the length of the meetings
 - D. Rearranging the furniture in the room



4. A school counselor in a pre-PP1 play group will be working with a 4-year-old child whose parent recently died. For a child at this developmental level, the counselor's best approach would be to use

- A. Group counseling techniques to reestablish a sense of connection.
- B. Psychodynamic techniques to elicit personal insight.
- C. Creative arts techniques to facilitate emotional expression.
- D. Behavioral techniques to reinforce self-control.

5. During an observation of an elementary school student, a school counselor records a high rate of off-task behavior that is interfering with the student's completion of classwork and causing a classroom distraction. To increase on-task behavior, the school counselor should initially recommend that the teacher

- A. Assign the student to an isolated area to gain control of behavior.
- B. Take steps to correct the student's behavior as soon as it is observed.
- C. Deprive the student of desired activities until behavior improves.
- D. Analyze antecedents and consequences of the student's behavior.

6. A form three student who is failing three subjects makes an appointment to see the school counselor. After discussing the student's academic history, the best initial action for the school counselor to take would be to

- A. Advise the parents or guardians to contact a private tutor and schedule follow-up conferences with the student.
- B. Assist the student in developing a time management and study schedule and set up weekly progress checks.
- C. Reschedule the student in less demanding classes and notify teachers of the changes.
- D. Initiate procedures to refer the student for a comprehensive multidisciplinary evaluation.



7. Which of the following roles would be appropriate for a peer helper in a high school peer helper program?

- A. Increasing students' awareness of available resources
- B. Organizing students' files in the school counselor's office
- C. Facilitating a group meeting for students independently
- D. Making decisions for students who are not sure what to do

8. When choosing career development materials for use at the Junior school level, a school counselor should focus on materials that facilitate students'

- A. Selection of specific career options.
- B. Acquisition of particular career skills.
- C. Exploration of career clusters.
- D. Formulation of career goals.

9. A middle school counselor decides to consult with the parents and guardians of a group of adolescents identified as at-risk based on their behavior. Which of the following should be the school counselor's primary goal for these interactions?

- A. Telling the parents and guardians that their children should improve their behavior or administrative action will be taken
- B. Informing the parents and guardians that their children could be retained at grade level if their behavior does not change
- C. Encouraging the parents and guardians to be part of an ongoing support system for changing their children's behavior



D. Discussing with the parents and guardians psychological factors that may explain their children's disruptive behavior

10. A secondary school counselor meets weekly with a small group of students to teach social skills. After several weeks, the counselor notices that one especially quiet student is trying to hide unexplained bruises. The counselor suspects that the child is being physically mistreated. In this situation, the counselor is required to follow which of these procedures?

- A. Conducting multiple interviews with the child over several days
- B. Reporting the observations to the child abuse hotline immediately
- C. Talking privately with the child to inquire about details of the abuse
- D. Requesting that a school administrator contact the child's parents

11. A lawyer who is working with a student's parent requests assessment information that is kept in the student's cumulative folder. The lawyer, who does not have parental permission for the access, comes to a school counselor's office and demands to see the assessment information. The school counselor cannot reach the student's parent. The school counselor's legal responsibility in this situation is to

- A. Deny access until the school receives a signed release form.
- B. Allow access in the presence of a school administrator.
- C. Allow access to a summary of the results by a school psychologist.
- D. Deny access until permission can be obtained by telephone.

12. Staff at a school distribute a questionnaire to the families of all students at the end of the school year. In evaluating the school's counseling program, it would be most important for program staff to identify the percentage of families who indicate that the

- A. School's dress code policy is effective.
- B. Administration answers questions in a timely manner.
- C. School needs to enforce disciplinary consequences more consistently.
- D. Social and academic advisement needs of their children are being met.



13. A middle school counselor has been asked to conduct a follow-up study to determine the effectiveness of the school's career information program. Which of the following steps should the counselor take first?

- A. Collecting relevant data from stakeholders
- B. Providing the principal with a list of activities implemented
- C. Speaking to a variety of employers in the area
- D. Sending an informational letter home to parents and guardians

14. A secondary school counselor is completing an 8-week, unstructured small group counseling program for students who are experiencing emotional hardships. Which of the following would be the most appropriate procedure for the school counselor to use next?

- A. Documenting each student's participation in a formal report for school records
- B. Implementing a plan to monitor the students' progress for positive outcomes
- C. Assigning the students to independently complete activities for building self-esteem
- D. Referring each student for a follow-up evaluation with the school psychologist

15. A senior secondary school counselor wishes to use technology to assist in placing students in their requested elective classes. Which of the following types of software would be most appropriate?

- A. Word processing
- B. Database
- C. Graphic design
- D. Presentation

16. A school counselor writes all case notes on a school computer. Ethical and technological standards require the counselor to



- A. Establish a time line for purging student files.
- B. Print out student files and delete the electronic files.
- C. Update student files at least every other year.
- D. Send student records to the cumulative file.

17. To create culturally sensitive school counseling programs, which of the following factors should a school counselor consider first?

- A. Schedules of students with varied language backgrounds
- B. Needs of diverse populations
- C. Types of services provided by community organizations
- D. Local multicultural activities

18. A school counselor is working individually with several students from single-parent homes. It would likely be most important to the students for the school counselor to

- A. Ask about difficulties regarding their family structure.
- B. Demonstrate respect for their family structure.
- C. Emphasize the importance of their family structure.
- D. Disregard the diversity of their family structure.

19. A school counselor who will be working with a culturally diverse group of students would like to ensure an ability to accurately understand and effectively respond to the students. Which of the following would be the most helpful first step for the counselor to take to achieve this goal?

- A. Asking the students to complete a survey about their cultural norms
- B. Examining personal attitudes for possible cultural bias toward the students
- C. Initiating a discussion with the students about cultural differences
- D. Visiting the students at home to learn more about their cultural experiences



20. A school counselor notices that one of her students is failing several classes but is excelling in one. What is the most likely explanation for this scenario?

- A. The student is autistic.
- B. The student is gifted.
- C. The student only has one good teacher.
- D. The student has a traumatic family life.

21. Which of the following is NOT characteristic of a student who has been physically or sexually abused?

- A. Guilt
- B. Distrust of adults
- C. Intense interest in family privacy
- D. Gregariousness

22. When dealing with an unruly child, school counselors will often recommend avoiding open-ended questions. For instance, a teacher might ask “Would you like a blue pen or a black pen” rather than asking “What would you like?” What is the name for this technique?

- A. Controlled choice
- B. Implied attribution
- C. Circumscribed boundaries
- D. Limited efficacy

23. A school has five fulltime counselors. What is the best way for these individuals to coordinate their activity?

- A. Email
- B. Weekly meetings
- C. By electing a leader to set tasks for the others
- D. Meetings called whenever necessary



24. Ignoring cultural influences in the classroom causes:
- A. Communication issues
 - B. Inhibits learning
 - C. Increases behavior problems
 - D. All of the above
25. Behavior patterns that might lead to problems include:
- A. Regular participation in dangerous activities
 - B. “Trying on” different personalities
 - C. Pushing boundaries
 - D. All of the above
26. Which of the following is not influenced by parenting styles?
- A. Behavior
 - B. Reading skills
 - C. Academic performance
 - D. Social interactions
27. Parental involvement levels may include:
- A. Eagerness to participate
 - B. Participate only when required
 - C. Avoid all involvement
 - D. All of the above
28. Benefits of a sound guidance and counseling program include:
- A. Stakeholders have a better understanding of goals
 - B. Children will get better grades
 - C. Behavior problems will be eradicated
 - D. No benefits

29. What happens when teachers ignore cultural differences?
- A. Increases potential for behavior problems
 - B. Learning is enhanced
 - C. Communication improves
 - D. Students get along better
 - E. Increases understanding
30. Why is effective communication with the community important?
- A. Schools exist in a vacuum.
 - B. Schools do not impact the community.
 - C. Schools are subject to the same social and economic influences.
 - D. Businesses are not affected.
 - E. Neighborhood involvement is not important.

SECTION B (40 MARKS): ANSWER ALL QUESTIONS

QUESTION THIRTY-ONE

- (a). Discuss the three elements of guidance (6mks)
- (b). Critically examine the benefits of counselling in teaching (6mks)

QUESTION THIRTY-TWO

- (a). Identify and critically examine characteristics a good counselor (8mks)
- (b). with examples explain the challenges of Counselling in schools (6mks)

QUESTION THIRTY-THREE

- (a). Discuss TWO theories of counselling (8mks)
- (b). Explain how a teacher can make use of one of the theories in (a) to motivate learners during classroom teaching (6mks)

