

LAIKIPIA



UNIVERSITY

## UNIVERSITY EXAMINATIONS

**1<sup>ST</sup> SEMESTER 2025/2026 ACADEMIC YEAR**

**THIRD YEAR EXAMINATIONS FOR THE DEGREE  
OF BACHELOR OF ARTS IN PSYCHOLOGY**

**PSYC 311: PRINCIPLES OF GUIDANCE AND COUNSELLING**

***STREAM: R***

***TIME: 2 HRS***

***DAY: WEDNESDAY (11.30AM-1.30PM)***

***DATE: 04/02/2026***

**THIS QUESTION PAPER CONSISTS OF THREE (2 PAGES)**

**PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.**

**INSTRUCTIONS**

**This paper consists of two section A and B.**

**Answer all question in section A and any other two in section B**

**SECTION A: All questions are compulsory****QUESTION ONE :( 30 marks)**

- a) Justify the importance of counselling skills during counselling process. (2 marks)
- b) Evaluate Three core conditions necessary for effective counselling according to Carl Rogers. (6 marks)
- c) Assess two ethical skills a counsellor should apply during sessions. (2 marks)
- d) Describe the stages of the counselling process, explaining the key skills applied in each stage. (10 marks)
- e) Critique Five techniques used in social learning theory (10 Marks)

**SECTION B: ANSWER ANY TWO QUESTIONS****QUESTION-TWO (20 Marks).**

- a) Explain **four major types** of psychological tests. (10 marks)
- b) Analyze the role of empathy, genuineness, and unconditional positive regard in building a therapeutic relationship. (10 marks)

**QUESTION-THREE (20 Marks)**

- a) Assess five techniques used in psychoanalytic therapy. (10 marks)
- b) Defend the importance of cultural competence as a counselling skill in a multicultural context. (10 marks)

**QUESTION-FOUR (20 Marks)**

- a) Illustrate the stages of the counselling process, explaining the key skills applied in each stage. (10 marks)
- b) Generate a cultural competence plan that can be used in a multicultural context. (10 marks)