

031306T4PSY

Counselling Psychology Level 6

PSY/OS/CO/CR/10/6

Provide Adolescent Counselling

July/August 2023



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

WRITTEN ASSESSMENT

CANDIDATE TOOL

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. The paper consists of **TWO** sections; **A & B**
2. You are provided with a separate answer booklet
3. Marks for each question are as indicated
4. Do Not write on the question paper

*This paper consists of **THREE** printed pages*

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

SECTION A (40 MARKS)

Answer all questions in this section.

1. Adolescent behaviour is sometimes connected with the adolescent's personality type. Define the following terms as they apply in adolescent counselling.
 - a. Personality (2 Marks)
 - b. Heredity (2 Marks)
2. Adolescent egocentrism is one of the notable cognitive changes during adolescent development. Explain the TWO ways in which this change is presented. (4 Marks)
3. Mary and John are fraternal twins who are so different in terms of how they interact with others. Distinguish between introvert and extrovert types of personality. (4 Marks)
4. Adolescent counsellors need to ensure that the therapy rooms have the necessary resources to facilitate counselling. Outline any FOUR of these resources. (4 Marks)
5. An effective counsellor is knowledgeable on how to apply the various counselling skills. Identify any FOUR ways in which probing skill can effectively be applied. (4 Marks)
6. An effective counsellor needs to be ethical. List any FOUR unethical behaviours that may affect the adolescent counselling process (4 Marks)
7. A counsellor has the ethical and legal obligation to get informed consent from each client. State any FOUR important pieces of information that should be included in the adolescent counselling contract. (4 Marks)
8. Referral is defined as directing someone to a counsellor or alternative source of treatment. Outline any FOUR factors a counsellor should consider before making a referral. (4 marks)
9. Self-disclosure is a skill that ought to be used appropriately in counselling. State any FOUR roles of self-disclosure in adolescent counselling. (4 Marks)
10. Identity formation is a major task in adolescence development and thus, peer pressure is inevitable at this critical developmental stage. Mention any FOUR drugs that are commonly abused by adolescents due to peer pressure. (4 Marks)

SECTION B (60 MARKS)*(Answer any THREE (3) questions in this section)*

11. Magdalene is a 14-year-old form one student. Lately, she has become moody and no longer attends family gatherings. She has also become isolated and dislikes dresses. She has started dressing in baggy clothes and walks hunchbacked. She is an average student and finds it difficult to make friends. Her mother tells her she is beautiful, but this makes her feel uncomfortable, and does not believe her. She feels like she is too tall and too fat for her age. She wears baggy clothes to hide her physical development. She has a crush on James, her neighbour, who is in college. She spends most of her alone time daydreaming about “their” future together.
- Identify the psychosocial and psychosexual stages of development depicted in this scenario. (4 Marks)
 - Name any SIX physical developmental changes that Magdalene could be experiencing as an adolescent. (6 Marks)
 - Magdalene has been referred to you for psycho-education on adolescent development. Explain to her any FIVE behaviour problems experienced by adolescents her age. (10 Marks)
12. Group counselling is an integral part of adolescent counselling, sometimes it is effective and sometimes it may be ineffective.
- Explain FIVE reasons why it may be ineffective (10 Marks)
 - A counsellor ought to develop with a treatment plan to empower the client to gain a different perspective on their issues. Describe any FIVE elements of an effective treatment plan. (10 Marks)
13. Sigmund Freud is prominent for his psychosexual development stages.
- Describe the FIVE psychosexual stages of personality development according to Sigmund Freud. (10 Marks)
 - Parenting an adolescent is deemed hectic in most societies. Explain any FIVE major causes of parent-teen conflict. (10 Marks)
14. Continuum of care is a concept involving an integrated system of care that guides and tracks patients over time through a comprehensive array of health services spanning all levels of intensity of care.
- Explain FOUR reasons for follow-up services after termination of the adolescent counselling process. (8 Marks)
 - Janet is an adolescent counsellor and is experiencing resistance from her client. Janet is advised to seek supervision. As a supervisor, explain any SIX types of supervision that you may adopt to assist Janet. (12 Marks)