

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/07/06

Provide Guidance and Counselling in Learning Institutions

July/August 2024



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

WRITTEN ASSESSMENT

CANDIDATE TOOL

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets ().
2. The paper consists of **TWO (2)** sections: **A** and **B**.
3. Do not write anything on the question paper
4. You are provided with a separate answer booklet.

*This paper consists of (3) printed pages.
Candidates should check the question paper to ascertain that all pages
are printed as indicated and that no questions are missing.*

SECTION A: (40 MARKS)

Answer ALL the questions in this section.

1. Benson has been appointed as the school counsellor at Woodbrook international school. State FOUR guidance and counselling services he is likely to provide in the school (4 Marks)
2. Parental consent must be obtained when counselling a student who is under the legal age. Mention FOUR important reasons for seeking parental consent. (4 Marks)
3. Assessment in guidance and counselling is critical to gather the client's information. Identify FOUR types of assessments that can be administered by a school counsellor. (4 Marks)
4. School counsellors at times find it difficult to attend supervision. State FOUR factors that hinder school counsellors from attending supervision. (4 Marks)
5. Caroline has been counselling Peter who is a student in one of the local secondary schools for some time, however, she has found it challenging to terminate the counselling services. State FOUR consequences that may result from not terminating the services. (4 Marks)
6. Psycho-education is an essential component of a treatment plan in counselling. Identify FOUR reasons why psycho-education is used in guidance and counselling. (4 Marks)
7. Counselling skills are interpersonal and technical traits that a counsellor uses to better understand and listen to their clients. List FOUR skills a counsellor is required to use to enable concreteness. (4 Marks)
8. A referral may occur after the counsellor has made an informed decision that the student's situation requires assistance beyond the counsellor's professional training. Highlight FOUR situations that can lead to a student being referred by a counsellor. (4 Marks)
9. School guidance encompasses various types of support and services aimed at promoting the academic, social, emotional, and career development of students. Identify FOUR types of school guidance offered in a school set up. (4 Marks)
10. ABC school has recently experienced challenges in the department of guidance and counselling. Highlight FOUR ways ABC school will use to improve guidance and counselling services among learners. (4 Marks)

SECTION B: (60 MARKS)

*Answer any **Three (3)** questions from this section.*

11. Psycho-education is an essential component of guidance and counselling that involves providing clients with information, knowledge, and resources to better understand their mental health, emotions, behaviours, and coping strategies.
- a) Explain FIVE ways psycho-education is used in guidance and counselling. (10 Marks)
 - b) While psycho-education is a valuable tool in guidance and counselling, there may be some areas where it may not be the most appropriate approach. Discuss FIVE scenarios where psycho-education may not be suitable. (10 Marks)
12. When making a referral in guidance and counselling, several factors need to be considered to ensure that the client receives appropriate and effective support.
- a) Explain FIVE key factors to consider when referring clients to guidance and counselling. (10 Marks)
 - b) In guidance and counselling, referrals are made to connect clients with appropriate resources, services, or professionals to effectively address their specific needs. Discuss FIVE types of referrals in guidance and counselling. (10 Marks)
13. College students John and Jane have been performing well academically. Recently, however, they have been influenced by their peers, who are school dropouts and have fallen into bad company. You are required to apply The Social Learning Theory to assist these students.
- a) Explain FIVE elements of the social learning theory (10 Marks)
 - b) Describe FIVE ways you will apply social learning theory to assist John and Jane. (10 Marks)
14. Structure of personality and defense mechanism are key concepts of psychoanalytical theory proposed by Sigmund Freud.
- a) Explain the concept of the id, ego and superego as proposed by the theory (12 Marks)
 - b) Defense mechanisms function involuntarily and subconsciously, shaping an individual's personality. Describe FOUR behaviours students may show that indicate the defense mechanism rationalization. (8 Marks)