

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/07/6

Provide Guidance and Counselling in Learning Institutions

March/April 2025



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

WRITTEN ASSESSMENT

Printed By: Amref International Training Center

Date: 28.03.2025 10:32 AM

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the question paper.

This paper consists of FIVE (5) 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

Attempt ALL questions in this section

1. Assessment involves collecting information to identify problems faced by the client through identifying, analysing, and evaluating. Explain FOUR purposes of assessment among drug-addicted students in learning institutions. (4 Marks)
2. Counselling standards are ethical guidelines that help a guidance and counselling professional work therapeutically and create a conducive environment for clients to discuss their problems. Describe FOUR benefits of applying counselling standards as a counsellor. (4 Marks)
3. Preparation for counselling is essential in learning institutions to encourage clients to open up during sessions. Identify FOUR essential requirements for setting up a counselling room. (4 Marks)
4. Assessment tools play a crucial role in evaluating clients in a counselling setting. Explain FOUR factors a guidance and counselling counsellor must consider when designing assessment tools in a learning institution. (4 Marks)
5. Comprehensive assessment is critical in identifying the needs of individuals seeking specialised treatment for alcohol addiction. Outline THREE stages of an individual comprehensive assessment conducted at Katiyo National Polytechnic. (3 Marks)
6. A counselling contract is a formal agreement between a therapist and a client, outlining the terms of their therapeutic relationship. Describe FIVE key elements of a counselling contract that a counsellor needs to focus on. (5 Marks)
7. Principles of guidance ensure the holistic development of an individual. Identify FOUR additional principles of guidance required for effective personal growth. (4 Marks)
8. Psycho-education is an evidence-based method used to train learners to collaborate with mental health professionals as part of a clinical treatment plan. Explain FOUR purposes of psycho-education in learning institutions. (4 Marks)
9. Client referral is necessary when a counsellor identifies barriers that hinder progress in therapy. Javan, a school counsellor at Kisewe Boys High School, was working with a student struggling with addiction. After four sessions, he noticed behaviours that made progress

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difficult and decided to refer the client. State FOUR possible reasons for this referral.

(4 Marks)

10. The observation technique is commonly used in guidance and counselling, particularly in lower primary levels where learners may struggle to express themselves verbally. However, this method has limitations. Discuss FOUR limitations of using the observation technique in guidance and counselling within learning institutions. (4 Marks)

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SECTION B: (60 MARKS)***Attempt any THREE questions in this section***

11. Assessment is a fundamental process in counselling. Counsellor Joan was invited to offer guidance and counselling to suicidal clients at a technical institution in Nakuru County due to relationship issues. Her first step was to conduct an assessment.

a) Identify FIVE assessment tools Counsellor Joan is likely to apply in the process.

(5 Marks)

b) Explain FIVE purposes of assessment in a technical institution in Kisumu. (5 Marks)

c) Discuss FIVE counselling procedures Counsellor Joan will apply in assisting the clients.

(10 Marks)

12. Effective counselling requires proper preparation and the right tools. You have been invited to Njenga Mixed Secondary School to conduct a group counselling session for Form Three students involved in disciplinary cases. As a professional counsellor, you must prepare adequately and ensure all tools are in place for effective delivery.

a) Justify the application of the following counselling tools in the counselling process.

(10 Marks)

- i) Observation
- ii) Interview
- iii) Cumulative record
- iv) Adjustment inventory
- v) Case study

b) Explain FIVE factors to consider when designing assessment tools for Njenga Mixed Secondary School.

(10 Marks)

13. Career guidance is essential in helping students make informed decisions about their future. Franklin, a Guidance and Counselling coordinator at Kenya University, implements various programs to help students explore career options and develop strategies to achieve their goals.

a) Define the following terms as used in Guidance and Counselling.

(10 Marks)

- i) Mentorship
- ii) Coaching
- iii) Psycho-education

- iv) Life skills
- v) Career guidance

b) Analyse FIVE benefits of career guidance in learning institutions in Kenya.

(10 Marks)

14. Self-evaluation is a critical practice for professional counsellors. It enables them to assess their progress and improve their effectiveness.

a) Explain FIVE steps involved in a counsellor's self-evaluation. (10 Marks)

b) Justify FIVE reasons why it is essential for counsellors to seek supervision.

(10 Marks)