

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

**031306T4PSY**

**COUNSELLING PSYCHOLOGY LEVEL 6**

**PSY/OS/CO/CR/10/6**

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

**Provide Adolescent counselling**

**November/December 2025**

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM



Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

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

**WRITTEN ASSESSMENT**

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

**TIME: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

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.

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

***This paper consists of FOUR (4) printed pages.***

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

***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*

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

1. Define the following terms as used in adolescent counselling:

a) Cognitive dissonance

b) Evaluation

(4 Marks)

Printed By: Amref International Training Center

2. According to Erik Erikson's psychosocial development theory, adolescents must resolve certain developmental tasks to establish a stable sense of identity. Identify FOUR such developmental tasks essential for healthy adolescent adjustment. (4 Marks)

Printed By: Amref International Training Center

3. Some adolescents resist counselling even when they face significant personal difficulties. Suggest FOUR reasons why adolescents may be reluctant to engage in counselling.

(4 Marks)

4. Jackie has noticed that her teenage daughter frequently alternates between happiness and withdrawal without any apparent reason. As a counsellor meeting Jackie for the first time, outline FOUR types of information you would gather from her to help plan the appropriate support for her daughter. (4 Marks)

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

5. Families play a central role in shaping adolescent behaviour and mental health. Discuss FOUR reasons a therapist might recommend conjoint family therapy when counselling adolescents. (4 Marks)

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

6. Psychological assessment forms the foundation of effective adolescent counselling. Indicate FOUR types of information that can be obtained through a psychological assessment. (4 Marks)

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

7. Jimmy, a counsellor, realizes that his client, Roy, continues to experience panic attacks and depression despite consistent sessions. Suggest FOUR institutions or professionals to whom Jimmy could refer Roy for additional support. (4 Marks)

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

8. Cyril, a 16-year-old learner, has been experiencing persistent anxiety, concentration problems, and peer conflicts. As her school counsellor, propose FOUR goals you would include in Cyril's treatment plan to address her emotional and social challenges. (4 Marks)

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

(4 Marks)

9. The increased use of digital technology has transformed adolescent lifestyles. Explain FOUR potential effects of excessive screen time and internet use on adolescent development. (4 Marks)

10. Standardized testing enhances objectivity in adolescent counselling. List FOUR psychological assessment tools commonly used in evaluating adolescents. (4 Marks)

**SECTION B: (60 MARKS)**

***Attempt any THREE Questions in this Section***

11. A psychoeducation session is scheduled for parents at City Hall to address ways of supporting their teenagers in managing challenges at home, in school, and within the community.

a) Analyse FIVE parenting-related issues affecting adolescents that you would address during the session. (10 Marks)

b) Describe FIVE counselling communication techniques you would teach parents to help them model positive behaviour for their teenagers. (10 Marks)

12. Jean Piaget’s cognitive development theory outlines significant intellectual changes that occur during adolescence. These changes influence reasoning, problem-solving, and decision-making.

a) Examine FIVE features of the formal operational stage as experienced by adolescents. (10 Marks)

b) Discuss FIVE ways cognitive changes during adolescence can affect behaviour, emotional regulation, and decision-making. (10 Marks)

13. Adolescence is marked by rapid developmental changes and increased vulnerability to psychological disorders. Counsellors must identify and respond to these conditions effectively.

a) Evaluate FIVE mental health disorders that commonly manifest during adolescence. (10 Marks)

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

- b) Recently, media reports highlighted several cases of adolescents engaging in high-risk behaviours.

Printed By: Amref International Training Center

1. Define the term personal fable as it relates to adolescent behaviour.

Date: 19.11.2025 02:54 PM

(2 Marks)

- ii. Using relevant examples, explain FOUR psychological factors that contribute to increased risk-taking behaviours among adolescents.

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

(8 Marks)

14. Lilly, an intern counsellor at a juvenile rehabilitation centre in Kenya, provides therapy for adolescents with behavioural challenges and legal conflicts.

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

- a) Propose FIVE intervention strategies Lilly can implement to promote positive behavioural change among adolescents in correctional settings. (10 Marks)

- b) Illustrate FIVE benefits Lilly would gain from participating in regular professional supervision. (10 Marks)

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM

Printed By: Amref International Training Center

Date: 19.11.2025 02:54 PM