

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR//10/06

Provide Adolescent Counselling

March/April 2025



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

WRITTEN ASSESSMENT

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Date: 31.03.2025 10:34 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 FOUR (4) 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. Group counselling is an integral part of adolescent counselling; it is an effective service delivery method among adolescents. Highlight FOUR benefits of counselling adolescents in a group setting. (4 Marks)
2. An adolescent counsellor needs to ensure that the therapy room has the necessary resources to facilitate counselling. Outline FOUR necessary resources for a therapy room. (4 Marks)
3. Exploration is an important stage in the adolescent counselling process. Provide THREE objectives of the exploration stage. (3 Marks)
4. Counselling adolescents can be challenging due to the unique developmental issues they face. State FOUR challenges adolescents may present in counselling. (4 Marks)
5. Conjoint family therapy is significant in adolescent counselling. Highlight FOUR probable reasons for a therapist to recommend conjoint family therapy for adolescents. (4 Marks)
6. Adolescent counselling always starts with psychological assessments. Indicate FOUR useful pieces of information that can be obtained from a psychological assessment. (4 Marks)
7. Psychological testing is a valuable tool often used in adolescent counselling to gain insights into various aspects of a teenager's mental health, behaviour, and development. (4 Marks)
 - a) Outline TWO psychological tests used to assess teenagers. (2 Marks)
 - b) Puberty marks a period of significant physical development in adolescents. Mention THREE major physical developmental changes that an adolescent may experience. (3 Marks)
8. Building rapport and a strong therapeutic relationship is essential for successful adolescent counselling. Highlight FOUR key interpersonal skills essential when counselling adolescents. (4 Marks)
9. Counselling adolescents can be difficult due to personality and developmental problems. List FOUR types of addiction problems that are common among adolescents. (4 Marks)
10. A smooth transition from childhood to adulthood requires adolescents to develop essential life skills. Indicate FOUR life skills needed by adolescents. (4 Marks)

SECTION B: (60 MARKS)

Attempt any THREE questions in this section.

11. Mgondi is a 16-year-old Form Two student at Makonde Secondary School. The student has been using different types of psychoactive drugs since he was in Grade Seven. In addition, he presents with complaints of stealing, poor problem-solving skills, and poor communication skills. Mgondi lives with his mother, who separated from his father when he was in Grade Six. He is the only child, and his mother loves him so much that she is deeply concerned about his well-being. The student was referred by the principal to seek help from a psychologist.

- a) Highlight THREE issues that Mgondi is presenting. (3 Marks)
- b) Examine THREE multicultural competencies that the psychologist should adhere to when offering psychological support to Mgondi. (3 Marks)
- c) Explore FOUR ways in which Mgondi's mother can model positive behaviour to her son. (4 Marks)
- d) Analyze FIVE interventions the psychologist will apply while addressing Mgondi's presenting issues. (10 Marks)

12. An adolescent counsellor applies various approaches while addressing adolescent challenges, which are dynamic and may require the counsellor to stay updated.

- a) Discuss FIVE differences between Directive Counselling and Non-Directive Counselling in the Adolescent Counselling Process. (10 Marks)
- b) To effectively address adolescent challenges, a counsellor needs to engage in continuous personal development. Describe FIVE ways in which personal development benefits adolescent counselling. (10 Marks)

13. An adolescent counsellor needs to gain insights into various aspects of an adolescent's mental health, behaviour, and development. In some situations, the counsellor may need to refer the adolescent appropriately.

- a) Using relevant examples, discuss FIVE common mental disorders among adolescents. (10 Marks)
- b) Emily, a 16-year-old girl at Kituro High School, was referred for counselling by her school counsellor due to noticeable changes in her behaviour. Illustrate FIVE reasons for referring Emily to another professional counsellor. (10 Marks)

14. While confidentiality is key in adolescent counselling, there are circumstances where parental involvement is necessary, leading to a breach of confidentiality.

- a) Explore FIVE ethical situations where confidentiality might need to be breached in adolescent counselling. (10 Marks)
- b) Explain FIVE ways in which parents can support their adolescents during the counselling process. (10 Marks)