

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

031306T4 PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR//07/06

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Provide guidance and counselling to learning institutions

November/December 2025

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM



Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

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

WRITTEN ASSESSMENT

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Time: 3 HOURS

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

INSTRUCTIONS TO CANDIDATE

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

1. This paper consists of **TWO** sections: **A** and **B**.

Printed By: Amref International Training Center

2. Answer **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.

Date: 24.11.2025 07:56 AM

3. Marks for each question are indicated in the brackets.

4. Candidates are provided with a separate answer booklet

Printed By: Amref International Training Center

5. Do not write on the question paper.

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

***This paper consists of FOUR 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***

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

1. Guidance and counselling are integral to student development in educational institutions. State FOUR reasons why every learning institution should establish a functional guidance and counselling department. (4 Marks)

Printed By: Amref International Training Center

2. Jennifer, a secondary school counsellor, feels emotionally drained due to heavy caseloads and high expectations. Suggest FOUR self-care strategies she can adopt to manage burnout and maintain professional wellness. (4 Marks)

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

3. Adolescents experiencing identity confusion often exhibit distinct emotional and behavioural patterns. Identify FOUR warning indicators of identity disturbance among teenagers. (4 Marks)

4. During a professional workshop, Mwongeli, the chairperson of the School Counsellors' Association, demonstrated how counsellors assess learner needs throughout the academic year and review programme effectiveness. Based on this, differentiate between diagnostic and summative counselling. (4 Marks)

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

5. Adhering to ethical standards in counselling ensures fairness, respect, and professional accountability. State FOUR client rights that counsellors must observe during counselling. (4 Marks)

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

6. You have been invited by the Principal of Ustadi College to conduct a motivational talk for students facing personal challenges. Identify FOUR key goals of counselling that you would focus on during your talk. (4 Marks)

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

7. Accurate record-keeping safeguards counsellors and clients alike in professional practice. Mention FOUR benefits of maintaining comprehensive records in guidance and counselling. (4 Marks)

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

8. Erik Erikson's psychosocial stage of Identity vs Role Confusion focuses on the adolescent's search for self-definition. Indicate FOUR negative outcomes that may result from unresolved role confusion. (4 Marks)

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

9. Comprehensive assessment forms the foundation of effective guidance and counselling. Mention FOUR assessment tools commonly used in school counselling practice. (4 Marks)

(4 Marks)

10. A school counsellor must recognise when a learner requires specialised support. Suggest FOUR situations in which referral may be necessary within a school counselling context. (4 Marks)

SECTION B: (60 MARKS)

Attempt any THREE questions in this section

11. When John transferred to a new secondary school, he felt overwhelmed by the unfamiliar environment, different teaching styles, and lack of familiar peers. He often isolated himself and appeared withdrawn. His class teacher referred him to the school counsellor for support.

- a) Propose FIVE counselling interventions that could assist John and similar students in adapting effectively to a new school environment. (10 Marks)
- b) Explain FIVE measures the counsellor can apply to maintain confidentiality during group counselling for learners in John’s case. (10 Marks)

12. Guidance services are built upon fundamental principles that ensure quality, ethics, and learner-centred practice. Without these principles, the purpose of guidance may be compromised.

- a) Describe FIVE core principles of guidance that counsellors must uphold to enhance effectiveness in school settings. (10 Marks)
- b) Discuss FIVE reasons why adherence to the principles of guidance is essential in promoting positive outcomes for learners. (10 Marks)

13. The integration of educational and vocational guidance within the curriculum helps learners make informed academic and career choices.

- a) Analyse FIVE major benefits of incorporating educational and vocational guidance in junior secondary school programmes. (10 Marks)
- b) Examine FIVE roles that parental love and acceptance play in supporting psychological well-being and academic success among junior secondary learners. (10 Marks)

14. Mr. Otieno is the head of the Guidance and Counselling department at Greenfield Secondary School. He supervises peer counsellors and two newly trained teachers.

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Recently, he has observed lapses such as poor case management, confidentiality breaches, and inconsistent record keeping.

Printed By: Amref International Training Center

a) Discuss FIVE purposes of supervision in guidance and counselling, referencing Mr. Otieno's situation. (10 Marks)

b) Identify FIVE challenges that supervisors in school counselling departments may encounter, drawing examples from Mr. Otieno's context. (10 Marks)

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM

Printed By: Amref International Training Center

Date: 24.11.2025 07:56 AM