



AMREF INTERNATIONAL TRAINING CENTER

MODULE IV

COUNSELLING LEVEL 6

HW/CU/CP/CR/02/6/MA

CAREER GUIDANCE AND COUNSELLING

WRITTEN ASSESSMENT

Time: 2 HOURS START :9AM FINISH:11AM

11TH AUGUST 2026

INSTRUCTIONS TO CANDIDATES

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.
- 5.

This paper consists of three (3) printed pages

Candidate should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A: (40 MARKS)

Answer ALL questions in this section.

1. Career information services help individuals make informed educational and occupational decisions. State FOUR sources of career information available to students. (4 marks)
2. Effective communication is important in career counselling relationships. Identify FOUR communication skills used during career counselling sessions. (4 marks)
3. Holland's theory classifies individuals based on personality and work environments. Identify FOUR personality types in Holland's RIASEC model. (4 marks)
4. Group career guidance programs are commonly used in schools and colleges. Mention FOUR advantages of group career guidance sessions. (4 marks)
5. Evaluation is essential in determining the effectiveness of counselling programs. State FOUR evaluation tools used in career guidance and counselling. (4 marks)
6. Decision-making skills are essential in career planning and development. Identify FOUR barriers that may hinder effective career decision-making. (4 marks)
7. Counsellors often work with clients from diverse social and educational backgrounds. Outline FOUR qualities of an effective career counsellor. (4 marks)
8. Technology has become an important component in modern career guidance services. State FOUR ways technology can be used in career counselling. (4 marks)
9. Career planning enables individuals to prepare for future educational and occupational opportunities. Highlight FOUR benefits of career planning among students. (4 marks)
10. Ethical practice promotes professionalism in career guidance and counselling. Identify FOUR ethical principles observed in career counselling. (4 marks)

SECTION B: (60 MARKS)

Answer THREE questions in this section.

11. A secondary school has noticed that many students are making unrealistic career choices without adequate information or self-awareness.
- a) Discuss FIVE factors that may influence students when choosing careers. (10 marks)
 - b) Explain FIVE strategies a counsellor can use to help students make realistic career decisions. (10 marks)
12. A college has requested you to organize a career guidance workshop for final-year students preparing to enter the job market.
- a) Describe FIVE topics you would include in the workshop. (10 marks)
 - b) Discuss FIVE benefits of career guidance programs for graduating students. (10 marks)
13. A student seeking career counselling appears confused, anxious, and unable to identify suitable career options.
- a) Explore FIVE steps involved in the career counselling process. (10 marks)
 - b) Discuss FIVE challenges counsellors may face during career counselling sessions. (10 marks)
14. A client has completed counselling and is preparing for termination but expresses fear of coping independently.
- a) Describe FIVE indicators that a client should be referred for further support. (10 marks)
 - b) Explain FIVE forms of continuum of care that can be provided to ensure ongoing support after termination. (10 marks)