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**KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR**  
**SECOND YEAR, FIRST SEMESTER EXAMINATION**  
**FOR THE DEGREE OF BACHELOR OF EDUCATION(ARTS)**  
**KEF 2207:EDUCATIONAL GUIDANCE & COUNSELLING**

Date: 8<sup>th</sup> April 2024  
Time: 11:30am-1.30pm

**INSTRUCTIONS TO CANDIDATES:**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- a) What is the meaning of the following terms? (5 marks)
- Counselee.
  - Counseling.
  - Psychotherapy.
  - Beneficence.
  - Counselee Autonomy.
- b) State any **five** characteristics of counseling suggested by Cattle. (5 marks)
- c) Explain **three** roles you would play in school as a teacher for guidance and counseling (6 marks)
- d) Describe any **four** defense mechanisms suggested by Freud which influences abnormal behavior of students. (4 marks)
- e) State **five** Principles of Person-Centered therapy. (5 marks)
- f) State **five** views of human beings suggested by William Glasser. (5 marks)

**QUESTION TWO (20 MARKS)**

- a) Examine **five** basic principles of counseling (10 marks)
- b) Examine **five** reasons why each school should have a functional office of Guidance and Counseling. (10 marks)

**QUESTION THREE (20 MARKS)**

- a) Discuss **five** principles of guidance as envisaged by Khan, (2019). (10 marks)
- b) Explain **five** principles of Person-Centered Counseling Theory developed by Carl Roger (10 marks)

**QUESTION FOUR (20 MARKS)**

- a) Examine **five** major steps of coming up with a school guidance and counseling program. (10 marks)
- b) Examine **five** reasons for having a functional Guidance and Counseling office in a school (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) Explain **two** counselling goals of rational emotive behavior (RBT) therapy suggested by Albert Elis. (4 marks)
- b) Examine **three** main types of techniques of counseling used in rational emotive behavior therapy. (6 marks)
- c) Explain **five** ways irrational thoughts cause emotional problems which need counseling among students (10 marks)