



FINAL EXAMINATIONS

SCHOOL OF EDUCATION AND SOCIAL SCIENCES

KITENGELA CAMPUS

FIRST SEMESTER, 2024/2025 ACADEMIC YEAR

EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS IN

COUNSELLING PSYCHOLOGY

BCOP 1123: INTRO TO COUNSELING & PSYCHOTHERAPY

STREAM: BCOP

TIME: 2 HOURS

EXAMINATION SESSION: APRIL

YEAR: 2025

DAY []

DATE: []

INSTRUCTIONS:

1. Attempt ALL the questions in **Section A**
2. Attempt any **Two** questions in **Section B**
3. The entire exam is worth forty (40) marks.
4. Write **ONLY** on the space provided on the answer sheet or as otherwise instructed.
5. Where necessary Show your working clearly.
6. Do **NOT** attempt to access any library, online (audio, video, digital or electronic) or paper based (written), sources for your answers unless this is clearly advised in the Question.

SECTION A (20 MARKS) ANSWER ALL QUESTIONS

Question One

- a) Briefly explain with examples three stages of counselling in the process of counselling **[6marks]**
- b) Describe any four goals of counselling **[4marks]**
- c) Discuss with examples any three ethical considerations in counselling **[6marks]**
- d) Elaborate the importance of skills in counseling **[4marks]**

SECTION B (20 MARKS) CHOOSE TWO QUESTIONS

Question two

- a) Evaluate how questioning in counselling differs from questioning in other disciplines like teaching. **[4marks]**
- b) Explain any five basic skills in counselling **[6marks]**

Question three

- a) Differentiate between guidance and counselling **[4 marks]**
- b) Evaluate the contributions of technology in counselling and psychotherapy giving its implications. **[6 marks]**

Question four

- a) Describe five characteristics of an effective therapist **[5marks]**
- b) Self-disclosure is one of the skills used in counselling. Discuss why you think self-disclosure is, important in counselling **[5 marks]**