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OBAFEMI AWOLOWO UNIVERSITY, ILE IFE
FACULTY OF EDUCATION
DEPARTMENT OF EDUCATIONAL FOUNDATIONS & COUNSELLING

M.A./M.ED/PH.D DEGREE EXAMINATIONS
2008/2009 WARMATTAN SEMESTER EXAMINATION

EFC 661: PRINCIPLES & PRACTICE OF GUIDANCE AND COUNSELLING

TIME: 3 HRS

INSTRUCTION: Answer all Questions

There are two parts to this paper. Answer all questions in both parts in the answer sheet provided. In part A, ensure that your answers are as brief as possible. Number your points and work as fast as you can.

PART A (60 marks)

1. Mention the three most important themes that are found in a good definition of counselling
2. State four implications of the conceptualizations of counselling as a process
3. Identify four general misconceptions of guidance and counselling among lay users of the terms
4. In one sentence, state the major goal of guidance and counselling?
5. Guidance services are common in institutions of learning. Identify five types of these services.
6. In one sentence, state the inter-relationship between "guidance" and "counselling".
7. Explain two ways in which "guidance" services are essentially different from "counselling" services.
8. State four major things that "guidance" have in common with "counsellings"
9. In what four ways is counselling different from psychotherapy?
10. In what four major ways can the work of a counsellor complement that of a classroom teacher?
11. Counselling goals must meet five major conditions. Name these conditions?
12. Name three common "modes of entry" in school counselling.
13. List three professional characteristics of a counsellor which are necessary for effective counselling
14. Problem identification in the counselling process involves three major activities. Name them.
15. In not more than one sentence, define "rapport" in counselling.
16. State four major ways by which a counsellor may establish rapport with his/her client?

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17. Mention two major reasons for establishing rapport with clients in a counselling relationship?
18. Mention four important verbal behaviours of a counsellor which are necessary for establishing good rapport with his or her clients.
19. Mention four non-verbal behaviour or clues that are facilitative of good rapport between a counsellor and the client.
20. Which sitting arrangement is most ideal for effective client-counsellor interaction?
21. For effective counselling, client and counsellor must agree on the structure of the counselling relationship. Name five major issues that are involved in this.
22. Name five conditions under which counselling relationship may be terminated.
23. Which group of people is usually linked with the origin of formal Guidance and Counselling in Nigeria?
24. When was the Counselling Association of Nigeria officially launched in Ibadan?
25. State two conditions in which referral is desirable in counselling?
26. Mention three ways in which counselling outcomes can be evaluated.
27. Counsellors use tests for many reasons. Mention five of these reasons.
28. State three features of traditional counselling which tend to make it unscientific
29. Give four reasons why you think students in contemporary times require more counselling than their counterparts in pre-independent Nigerian society.
30. Counselling is oriented toward goals. Mention two types of counselling goals.
31. Mention four behaviour management strategies that can be used in counselling to acquire new behavioural patterns.
32. In one sentence, give a psychological definition of the term "punishment".
33. Describe in one sentence the "Premack Principle".
34. Mention three assumptions on which behaviour therapy is founded
35. State the three categories of counsellors' professional skills.
36. Describe in one sentence, the interaction between the id and ego in human personality functions.
37. Mention the most appropriate counselling approach for a client who is troubled by a nightmare.
38. Give two reasons why a client would suddenly keep silent during a counselling session.
39. In one sentence, state the most-immediate action a counsellor should take when a client stops talking during a counselling session.

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40. In not more than one sentence, describe the essential difference between the client-centred and trait-factor approaches to counselling.
41. In one sentence, state the major goal of client-centered therapy.
42. State five major steps involved in initiating guidance programmes in Nigerian secondary schools
43. List five important duties of a counsellor in a typical Nigerian secondary school.
44. Apart from the client-centered and trait-factor approaches to counselling, mention four other approaches
45. List three stages of the counselling process during which an assessment of the clients' problems can be done by the counsellor.
46. Describe in one sentence the most ethical thing for the counsellor to do in a situation in which safeguarding a client's confidentiality constitutes inherent danger to the public.
47. Mention three persons who may introduce the subject matter of a counselling interview.
48. A test which measures a combination of a person's physical and mental characteristics, motivational factors, interest and capabilities conceivable for acquiring proficiency is known as.....
49. Which counselling instrument is most helpful to a counsellor in his/her first encounter with a student client?
50. Name four standardized instruments that are widely-used among school counsellors.

PART B: (20 marks)

Answer all questions in this part.

1. *Counselling theories are emphasized in counsellor education programmes because they form the bedrock of the counselling process and contain the basic rudiments a counsellor needs for therapeutic effects with clients.* In what ways are counselling theories useful to a practicing counsellor? Discuss with practical illustrations the factors that are likely to influence a counsellor's preference for a particular theory of counselling.
2. *Counsellors' roles and responsibilities in Nigerian schools are sometimes grossly misunderstood by many stakeholders.* Distinguish between the terms 'roles' and 'responsibilities' and discuss with practical examples the major roles and responsibilities of counsellors in Nigerian secondary schools.

