

IED 610: INTRODUCTION TO GUIDANCE AND COUNSELLING

TIME: 2HOURS

MSTRUCTION: Answer all questions.

SECTION A

1. In not more than four lines, define counseling.
2. Highlight three major differences between guidance and counseling
3. Mention five guidance services that are usually found in Nigerian secondary schools.
4. In what four ways can the counselor establish rapport with his /her client during the first counselling interview.
5. Mention three modes of entry into counselling relationship that are common among secondary school students who patronize counselling services in their schools.
6. List three professional characteristics of a counselor which are necessary for effective counselling.
7. Mention four skills of indigenous counselling practitioners that are relevant to school counselling.
8. List five important duties of a counselor in a typical Nigerian secondary school.
9. Mention three misconceptions that people have about counselling /counsellors.
10. List four counselling services that are available to secondary school students.
11. State the three personality structures in man according to Sigmund Freud.

SECTION B

1. a. What do you understand by 'Individual and Group' Counselling?
 - b. A counsellor is expected to possess certain professional characteristics. Discuss these characteristics.
 - c. Give five reasons why you think students in contemporary times require mo're counselling than their counterparts in pre-independent Nigerian society.
2. a. Discuss five major ways in which individuals cope with anxiety in psychoanalytic approach..
 - b. Briefly explain the basic personality structure as stated by Sigmund Freud