



EMBU UNIVERSITY COLLEGE

(A Constituent College of the University of Nairobi)

2014/2015 ACADEMIC YEAR

FIRST SEMESTER EXAMINATIONS

THIRD YEAR EXAMINATION FOR THE DEGREE OF BACHELOR OF
EDUCATION (ARTS)

TPS 302: GUIDANCE AND COUNSELLING

DATE: DECEMBER 10, 2015

TIME: 8:30-10:30

INSTRUCTIONS:

Answer Question ONE and ANY Other TWO Questions.

QUESTION ONE

Explain the meaning of the following terms

- | | |
|------------------------------|-----------|
| a) Counselling | (5 marks) |
| b) Psychology | (5 marks) |
| c) Ego | (5 marks) |
| d) Id | (5 marks) |
| e) Super ego | (5 marks) |
| f) Define psychometric tests | (5 marks) |

QUESTION TWO

- | | |
|---------------------------------------|------------|
| a) What is personality | (5 marks) |
| b) Who is a counselor and who is not? | (15 marks) |

QUESTION THREE

Discuss the aims of counseling with regard to high schools in Kenya. Cite examples

(20 marks)

QUESTION FOUR

Explain any **Four** therapy techniques

(20 marks)

QUESTION FIVE

- a) With examples Explain the meaning of stress in a school situation (5 marks)
- b) Analyze causes and ways of coping with stress in high schools (15 marks)

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