**CSW 1002: COUNSELING SKILLS**

**JAN- APRIL 2017 COURSE EVALUATION.**

**INSTRUCTIONS**

**Answer question one and any other three.**

1 a) Define counseling and clearly explain what it entails. (5 mks)

 b) Who is a counselor? Describe the qualities of a good counselor. (10 mks)

 c) Highlight any 10 basic counseling skills. (10 mks)

2. a) Define the following terms (5 mks)

1. Stressor
2. Eustress
3. Distress
4. Stress
5. Stress tolerance

b) Discuss the emotion focused skills in stress management. (10 mks)

3. With clear illustrations, describe the stages the stages of grief according to Kubler Ross. (15 mks)

4. a)state and explain peoples misconceptions about counseling. (8 mks)

 b) what is the role of a counselor in a counseling relationship? (7 mks)

5. Discuss the following attending skills in counseling. (15 mks)

1. Eye contact
2. Non-verbal prompts
3. Body posture
4. Verbal prompts