

MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS**

**2015/2016 ACADEMIC YEAR**

**FOURTH YEAR SECOND SEMESTER**

**SCHOOL OF EDUCATION**

**BACHELOR OF EDUCATION**

**COURSE CODE: EGC 412**

**COURSE TITLE:** **PERSONAL CONSTRUCT AND SKILLS IN COUNSELLING**

**DATE: 9TH MAY 2016 TIME: 11.00AM – 1.00PM**

**INSTRUCTIONS TO CANDIDATES**

Answer Question **ONE** and any other **TWO** questions

*This paper consists of* ***2*** *printed pages. Please turn over.*

**Question One (Compulsory)**

1. Differentiate between self-disclosure and self-awareness in relation to counselor training **(10 marks)**
2. Identify FIVE benefits of interpersonal relationships to the counselor **(10 marks)**
3. Give FIVE reasons for the importance of self-awareness in counselor training **(10 marks)**

**Question Two**

1. Explain FIVE ways in which a counselor can build and maintain trust in interpersonal relationships with clients **(10 marks)**
2. Evaluate FIVE conflict management strategies with regard to the counselor’s desire to maintain cordial interpersonal relationships **(10 marks)**

**Question Three**

Discuss FIVE strategies of managing stress for the counselor’s need for personal development **(20 marks)**

**Question Four**

1. Explain FIVE benefits of self-disclosure on interpersonal relationships for counselors **(10 marks)**
2. Explain the concept of personal development in counselor training and benefits it brings to the counselor **(10 marks)**

**Question Five**

1. Expound on the concept of personal therapy for counselors in counseling practice **(10 marks)**
2. Discuss the importance of personal therapy for counselors in counseling practice **(10 marks)**

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