



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF THEOLOGY

END OF SEMESTER EXAMINATION FOR DIPLOMA IN

YOUTH MINISTRY

JANUARY - APRIL 2019 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: BIBLICAL AND THEOLOGICAL STUDIES

COURSE CODE: DYM114

COURSE TITLE: YOUTH CONSELLING

EXAM DATE: MONDAY 8TH APRIL 2019

TIME: 2.00PM-5.00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- This paper has six questions.
- Section A is compulsory.
- Answer ANY TWO questions in Section B.
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: Answer ALL Questions

1. Amani is a fourteen year old in her first year of high school. When she sat her KCPE she had hopes of making it to a national school of her choice. At the time of sitting exams tragedy struck and her best friend was suddenly taken ill and died. Since the burial was to happen during the exam time Amani did not get a chance to attend the funeral. She however went with her mother to visit her friend's family when she completed her exams. The exams results were announced and her grades were not so bad though she went to her second tier choice school. When she reported to her new school she presented her primary school leaving certificate showing that she was outgoing and loved sports. In her new school she was however withdrawn and didn't make friends easily. Her guidance and counselling teacher attributed her behaviour to being a first time boarder. She didn't register good grades in her first year and she was said to be very rude to those in authority. She was asked to come to school accompanied by her parents at the beginning of her second year. At the meeting the teacher noted that she didn't exemplify what was recorded in her primary school leaving certificate. She also seemed preoccupied, withdrawn and had exhibited signs of unending anxiety.
 - a) From the case study above, list the issues that you think Amani was experiencing (5 marks).
 - b) As a youth counselor, explain any TWO counseling skills that you would employ to help Amani (6 marks).
 - c) Counseling is a journey. Enumerate the three phases of this journey and how you will apply each phase to journey with Amani from beginning to end (9 marks).
2. Explain FIVE qualities of an effective youth counsellor. (10 marks)

SECTION B: Answer ANY TWO Questions

3. Counseling is the process of providing emotional support to people to help them figure out how to deal with what is concerning them. Briefly explore the eight key counselling skills that represent a framework for counselling. (15 marks)
4. Briefly explain the following therapeutical interventions and give an example for each case.
 - a) Cognitive behavioural therapy (5 marks)
 - b) Play therapy (5 marks)
 - c) Gestalt (5 marks)

5. As a youth worker, part of your job description is to counsel young people.

Consider the following scripture:

"My son, if sinners entice you, do not give in to them. If they say, "Come along with us; let's lie in wait for someone's blood, let's waylay some harmless soul; let's swallow them alive, like the grave, and whole, like those who go down to the pit; we will get all sorts of valuable things and fill our houses with plunder; throw in your lot with us, and we will share a common purse"--my son, do not go along with them, do not set foot on their paths; for their feet rush into sin, they are swift to shed blood". (Proverbs 1:10-16)

- a) From the portion of scripture above, highlight THREE biblical views on counselling. (6 marks).
 - b) Explain the relevance of the scripture above in relation to peer influence among the youths. (4 marks)
 - c) Distinguish between positive peer pressure and negative peer pressure. (5 marks)
6. Development theorists teach us the different things that happen at various stages of human life. Enumerate the first six stages of James Fowler's faith development theory and Erick Erickson's psychological development theory. In each case indicate how they inform youth counseling. (15 marks)