



**PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES
MAY-AUGUST 2025 ASSESSMENT**

FORMATIVE ASSESSMENT

Qualification Code : **031305T4PSY**

Qualification : **Counselling Psychology level 6**

Code : **PSY/CU/CO/CR/02/5/A**

Unit of Competency : **PROVIDE GUIDANCE AND COUNSELLING
SERVICES IN LEARNING INSTITUTIONS**

**WRITTEN ASSESSMENT
TIME: 3 HOURS**

INSTRUCTIONS TO THE CANDIDATE:

1. Read all the instructions carefully before attempting the questions.
2. Answer all questions in section A. In Section B, answer any three questions.
3. You are allowed 3 Hours to Answer the questions.
4. Marks for each question are indicated in brackets.
5. Write your responses in the Separate Answer booklet provided.
6. Do not write anything on this question paper.

SECTION A: 40 MARKS

Answer ALL questions in this section.

SECTION A: (40 MARKS)

1. You have been invited to give a lecture to a group of students in Spinners boys' high school. Identify **four** benefits of guidance and counselling for the learners. (4 Marks)
2. Outline **four** ethical principles that guide Counselling practitioners in their work. (4 marks)
3. Highlight any **Four** Psychological issues that are likely to be a challenge to today's high school going student. (4 Marks)
4. Name any **four** characteristics of the Formal operations stage of Cognitive development by Jean Piaget. (4 Marks)
5. Identify **four** purposes of active listening in Counselling. (4 Marks)
6. Give **four** purposes of record keeping in Counselling. (4 Marks)
7. List any **four** benefits of referral. (4 Marks)
8. Give **four** reasons why a good balance of support and challenge in a counselling relationship is important. (4 Marks)
9. Outline any **four** differences between guidance and Counselling. (4 Marks)
10. Using examples, highlight two aims of the action stage of Counselling. (4 Marks)

SECTION B: (60 MARKS)

Answer question 11 and any other two.

11. Read the following case study and answer the questions that follow.

Edna is 20 years old and is a 2nd year student at a local university. She has come for counselling because she has been suffering from anxiety and insomnia. She is anxious because she's afraid that her parents might throw her out of their home. She says that she feels worthless and has nothing going for her. According to her, her younger siblings have had the opportunity to learn other skills such as playing musical instruments and sports; whereas she has not. Therefore, she's convinced that she's useless. Throughout her primary and high school years, she performed very well which earned her a lot of praise from her parents. Now she's studying a course that she doesn't like, and is afraid of telling her parents that she doesn't like this course. She has failed miserably for the past two semesters and the school has recommended that she re-sits the examinations which she has not told her parents. She's now convinced that she's dumb and that she's lost the only thing which made her significant. (Her performance) She's convinced that when her parents find out that she's a failure, they will cut her off. Her reason for believing this that her mother keeps telling her that she must "pull her weight" and that she needs to have something to show for the money they have invested in her. She has had a mental breakdown because of the pressure at school but her parents refused to allow her to defer her studies.

(a) Use any **four** concepts of the Person-Centered Theory to explain the client's problems. (8 Marks)

(b) Explain **three** ways in which the client acquired her problems according to this theory. (6 Marks)

(c) Discuss any **three** interventions of the theory that can be applied to help the client. (6 Marks)

12. (a) Discuss any **five** benefits of self-awareness and personal development for the youth. (10 Marks)

(b) You have recently been employed in an international school where the learners

are drawn from different cultures. Discuss **five** guidelines that you would need to observe to ensure that you offer multi-culturally appropriate counselling.

(10 Marks)

13. (a) Discuss **five** benefits that group Counselling has in a school setting.

(10Marks)

(b) You have been invited to talk to a group of students about life skills. Discuss **five** such skills.

(10

Marks)

14. (a) Discuss any **five** worker documents that a school counsellor is expected to maintain.

(10 Marks)

(b) Explain any **five** reasons that would necessitate referral.

(10

Marks)