



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
MAY-AUGUST 2019 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU3323

COURSE TITLE: MULTICULTURAL COUNSELING

EXAM DATE: TUESDAY 13th AUGUST 2019

DURATION: 2 HOURS

TIME: 9:00AM-11:00AM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- This paper contains two sections **A and B**.
- Section A is compulsory and you choose any TWO questions from section B. **SECTION A** has a compulsory questions totaling to 40 marks and **SECTION B** has FOUR questions and you choose THREE totaling to 60 marks.
- All questions are to be answered in the answer sheet provided and the questions clearly labelled.
- *ALL PAC University's examination rules and regulations apply*

SECTION A: (COMPULSORY 40 MARKS)

Q1A. Define the following terms as used in multicultural counselling;

- i. Culture
- ii. Diversity
- iii. World view
- iv. A minority

(2 marks each)

Q1B. Giving four major reasons, explain the rationale for studying multicultural counselling competencies.

(6 marks)

Q1C. Briefly explain why a counsellor's awareness of their own socialization and biases is considered a critical factor in assessing multicultural counselling competency.

(6 marks)

Q1D. Identify any four reasons to explain the significance of discussing sexual orientation in multicultural counselling

(4 marks)

Q1E. Briefly explain the difference between the subjective and objective elements in multicultural counselling

(6 marks)

Q1F. Discuss using FOUR examples how a skilled multicultural competent counsellor should handle the concept of stereotypes regarding different communities

(10 marks)

SECTION B: Choose any THREE questions from this section. (60 MARKS)

QUESTION 2

Identify any community you are familiar with and discuss the following concepts in relationship to multicultural counselling'

- a) Their major subjective and objective cultural elements.
- b) Their beliefs and attitudes regarding psychotherapy
- c) Their beliefs and values regarding family systems
- d) The major challenges of working with a client from the identified community that a counsellor is likely to encounter.

(20 marks)

QUESTION 3

What are the major barriers to multicultural counselling and therapy regarding the following concepts?

- a) Verbal, emotional and behavioral expressiveness
- b) Distinction between mental and physical functioning
- c) Their perception regarding disclosure
- d) What skills should a multicultural competent counsellor enhance to effectively handle the above barriers?

(20 marks)

QUESTION 4

Describe the following concepts and their implication in developing multicultural competencies for a counsellor;

- a) Ethnicity and family background of the counsellor
- b) Spirituality and the belief system of the counsellor
- c) The age and gender of the counsellor
- d) Personal experience of the counsellor

(20 marks)

QUESTION 5

Research shows that there is still a challenge in developing specific multicultural standards and competencies in Kenya. Discuss giving any five major reasons to explain the above challenge and suggest ways of handling it.

(20 marks)