PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (MAY-AUGUST 2026)

CAMPUS: ONLINE

DEPARTMENT: COUNSELING PSYCHOLOGY

DEGREE: MASTER OF ARTS IN COUNSELLING PSYCHOLOGY

COURSE CODE: MCP 601

COURSE TITLE: CAREER COUNSELING

DATE: August 2026

TIME: 6.00pm -9.00 pm

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Section A is Compulsory**
- **Answer any TWO questions in Section B.**

SECTION A (COMPULSORY-20 MARKS)

Question one

The Case of Michael, 42 years old

Michael has worked as a mechanical engineer for the past 18 years. He initially enjoyed the technical challenges of his work and achieved several promotions throughout his career. However, in recent years, he has felt increasingly disengaged and unfulfilled.

Michael reports that he often looks forward to mentoring younger employees more than completing engineering projects. He has begun considering a career change into teaching or

corporate training but is concerned about the financial implications and the possibility of starting over in a new profession.

Michael is married with two children and is the primary income earner in his family. His spouse is supportive but worries about the financial risks associated with a career transition. Michael feels torn between pursuing meaningful work and maintaining financial stability. He seeks career counselling to explore his options and make a well-informed decision.

Use Super's Life-Span to answer the first three questions

1. Explain the life-career stage that Michael is currently experiencing (2marks)
2. Discuss in two ways how his multiple life roles (worker, spouse, parent, mentor) influence his career decision-making (4marks)
3. Illustrate in two ways how career maturity or career adaptability can be demonstrated in Michael's situation (4 Marks)
4. Demonstrate in two ways how an integrative counselling approach can help Michael more effectively than a single-theory approach (4 marks)
5. 5.Account for any two specific interventions you would recommend during the first three counselling sessions with Michael (6 marks)

Section B

Answer any two questions

Question Two

a) Explain any two settings where career counseling is required (2 Marks**)**

b) In four ways evaluate the effectiveness of career counselling across life stages (8 Marks)

Question three

a) Explain the importance of career information gathering in the counselling process (2 marks)

b) Evaluate in four ways the effectiveness of the career counselling process in helping make an informed career decision (8 marks)

Question Four

The case of Amina
Age: 17 years
Setting: Secondary School Career Counselling Office

Amina is a high-achieving student in her final year of secondary school. She seeks career counselling because she is uncertain whether to pursue Engineering, Medicine, or Architecture. During the counselling sessions, Amina reveals that she is experiencing significant stress due to pressure from her parents, who insist that she study Medicine.

The career counsellor administers several career assessments and discovers that Amina's interests and abilities are strongly aligned with Engineering and Architecture rather than Medicine.

Amina asks the counsellor not to share her assessment results with her parents because she fears family conflict. However, a week later, Amina's father visits the counsellor's office and demands access to her counselling records and assessment reports. He argues that as her parent, he has the right to know the results and make decisions regarding her future.

The counsellor is unsure how much information can legally and ethically be disclosed. Additionally, the counsellor realizes that Amina was not fully informed at the beginning of counseling about the limits of confidentiality and record-sharing policies.

The counsellor reviews professional ethical guidelines and school policies before deciding how to proceed.

a) Explain why confidentiality is important in career counselling.

(2 Marks)

b) Analyse two ethical dilemmas faced by the counsellor regarding the release of Amina's records (6 marks**)**

c) Discuss how the counsellor could have improved the informed consent process at the beginning of counselling. (2 marks)

Question Five

The case of Brian
Age: 21 years
Education Level: Second-Year University Student

Brian is a second-year university student studying Accounting. Although he performs reasonably well in his courses, he feels dissatisfied with his program and lacks motivation to continue. He initially chose Accounting because of his parents' recommendation and the perceived job security associated with the profession.

Brian visits the university career counselling center seeking guidance. He reports feeling confused about his future career path and uncertain whether he should continue with Accounting or pursue another field that better matches his interests and abilities.

A) Explain any two steps in career counseling process (2 Marks)

B) Evaluate in four ways the effectiveness of the career counselling process in helping Brian achieve career satisfaction. (8 marks)