



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES JAN – APRIL 2025 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification : COUNSELLING PSYCHOLOGY LEVEL 5
Code : PSY/CU/CO/CR/02/5/A
Unit of Competency : PROVISION OF BASIC COUNSELLING SERVICES 2

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 Question 11 (compulsory) and any other TWO 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. Each question carries 4 marks.

1. Define counselling. (2 marks)
2. State two (2) objectives of counselling. (2 marks)
3. List four (4) features of an effective counselling venue. (4 marks)
4. Identify two (2) types of information collected during an intake session. (4 marks)
5. Name three (3) counselling skills used to establish a strong counsellor-client relationship. (4 marks)
6. Mention four (4) ethical considerations a counsellor must observe. (4 marks)
7. List two (2) situations where a client may require a referral. (4 marks)
8. Identify three (3) psychological assessment tools used in counselling. (4 marks)
9. Mention two (2) types of feedback counsellors seek from clients. (4 marks)
10. Name three (3) factors that may influence human development. (4 marks)
11. Identify two (2) major counselling theories. (4 marks)
12. List three (3) counselling techniques used to facilitate self-expression. (4 marks)
13. Mention two (2) reasons why informed consent is important in counselling. (4 marks)
14. Identify three (3) situations where confidentiality may be legally or ethically breached. (4 marks)
15. Name two (2) steps a counsellor should take when handling confidentiality breaches. (4 marks)

SECTION B: (60 MARKS)

Answer Question 11 (compulsory) and any other TWO questions. Each question carries 20 marks.

Question 11 (Compulsory) - Case Study

During an intake session at a community counselling center, you meet with Mark, a 28-year-old client struggling with anxiety and low self-esteem due to job loss and relationship issues. Mark expresses uncertainty about counselling and is hesitant to share details.

Questions: a) Identify three (3) counselling techniques you could use to encourage Mark to open up and describe how each technique would help. (6 marks)

b) List and explain three (3) counselling skills that would help Mark feel more comfortable and supported during the session. (6 marks)

c) Discuss three (3) types of feedback you could gather from Mark after the session to evaluate its effectiveness and explain how each type of feedback could improve future sessions. (8 marks)

Question 12

a) Discuss three (3) major counselling theories and explain how each can be applied in handling different clients. (6 marks)

b) Explain four (4) counselling techniques that a counsellor can use to facilitate a client's self-expression. (8 marks)

c) Describe three (3) challenges that may arise when applying counselling theories in practice and suggest ways to address them. (6 marks)

Question 13

a) Describe two (2) major human development theories and their relevance in understanding a client's behavior in counselling. (6 marks)

b) Explain three (3) ways a counsellor can apply human development theories to help a client navigate personal challenges. (8 marks)

c) Discuss three (3) factors that may influence human development and how they impact counselling interventions. (6 marks)

Question 14

- a) Explain the significance of informed consent in counselling and describe three (3) instances where a client may be unable to provide it. (6 marks)
- b) Discuss the principle of confidentiality in counselling and identify three (3) situations where confidentiality may be legally or ethically breached. (8 marks)
- c) Explain three (3) steps a counsellor should take when handling confidentiality breaches to maintain ethical standards. (6 marks)