PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS IN COMMUNITY DEVELOPMENT

JANUARY-APRIL 2026 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: COMMUNITY DEVELOPMENT

COURSE CODE: CDC116

COURSE TITLE: INTRODUCTION TO COUNSELLING PSYCHOLOGY

EXAM DATE:

DURATION: 3 HOURS

TIME: 6.00PM-9:00PM (ONLINE)

INSTRUCTIONS: ANSWER ANY THREE QUESTIONS

- Read the instructions and questions carefully before you write the answers.
- *ALL PAC University's examination rules and regulations apply*

QUESTION 1 (20 Marks)

Case Study:
A client reports feeling unheard and judged during counseling sessions and stops attending therapy.

a). Using your understanding of the **characteristics of an effective counselor**, explain **five** qualities that may have been lacking in this situation (10 Marks).

b). Case Study:
A counselor refuses supervision, believing personal issues should not affect professional work. Using concepts of **self-awareness and the person of the counselor**, discuss **five** reasons why this belief is problematic (10Marks).

QUESTION 2 (30 Marks)

You are meeting a client who has been "forced" into counseling by their employer. They are sitting with their arms crossed, looking at the floor, and giving one-word answers.

a). Describe how you would use the SOLER model to encourage openness without being intrusive (10Marks).

b). A counselor is working with two clients experiencing similar anxiety symptoms—one prefers faith-based counseling, while the other prefers a non-religious approach.

Analyze **five** points on how Christian and secular counseling would differ in their intervention strategies for clients with similar anxiety symptoms (10Marks).

QUESTION 3 (20 Marks)

a). A client you have been seeing for a year is an accountant. You are struggling with your taxes and the client offers to do them for free as a "thank you" for your help.
Justify **five** ethical reasons why you should decline this offer (10 Marks).

b). You are reviewing a colleague's case file and notice the notes are disorganized.
Explain any **five** specific reasons why using the SOAP format is essential for both Ethical and Legal protection (10 Marks).

QUESTION 4 (20 marks)

a). Discuss **five** points on how debriefing contributes to professional competence and emotional regulation. (10 Marks)

b) You receive a subpoena for the records of a client involved in a high-profile divorce. The client does not want their records released. Elaborate **five** actions you must consider before responding (10Marks).

END