



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES SEPTEMBER – DECEMBER 2024 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification Code : **031305T4PSY**

Qualification : **COUNSELLING PSYCHOLOGY LEVEL 5**

Code : **PSY/OS/CO/CR/03/5/A**

Unit of Competency : **PROVIDE PSYCHOLOGICAL FIRST AID (PFA)**

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 the questions in this section by writing down your responses in the answer booklet provided.

1. Outline FOUR characteristics of crisis (4 marks)
2. Identify FOUR problems in a group (4 marks)
3. Name THREE levels of people who should attend a psychological debriefing (3 marks)
4. State THREE theories of crisis and crisis intervention (3 marks)
5. Give FOUR myths about people in crisis (4 marks)
6. Identify the FIVE stages of loss and grief according to Elizabeth Kubler Ross (5 marks)
7. Outline FIVE emotional symptoms of trauma (5 marks)
8. Name FIVE determinants of grief (5 marks)
9. State THREE types of crises (3 marks)
10. Explain FOUR objectives of psychological debriefing to students involved in a grisly road accident (4 marks)

SECTION B: (60 MARKS)

Question 1(a) is compulsory, and choose any other two questions.

Question 1

Highrise Girls High School has called you to offer psychological first aid after one of their dormitories burnt down last week. During the incident, eight girls lost their lives, and many others are admitted in critical condition. Many others were treated and discharged but are traumatized by the incident. Prepare to offer psychological first aid by answering the following questions:

- a) Explain the first five steps you will take the girls through in psychological debriefing. (10 marks)
- b) Describe five support skills you will use with the girls. (10 marks)

Question 2

- a) Explain how personal development activities can enhance a counselor's effectiveness. (10 marks)
- b) Discuss the role of self-awareness in a counselor's professional growth. (10 marks)

Question 3

- a) Discuss how the goals and objectives differ between counseling and supervision. (10 marks)
- b) Compare the roles and responsibilities of the counsellor and the supervisor in each process. (10 marks)

Question 4

- a) Explain the use of cognitive-behavioral therapy (CBT) in crisis intervention. (10 marks)
- b) Discuss the role of relaxation techniques in managing acute stress during a crisis. (10 marks)

Question 5

- a) Discuss how conflicts can lead to personal and professional growth. (10 marks)
- b) Explain the role of conflict in improving group dynamics and fostering creativity. (10 marks)