



PAN AFRICA CHRISTIAN UNIVERSITY
YOUTH COUNSELING
END OF TERM EXAMINATION (AUG-DEC 2017)

CAMPUS: ROYSAMBU

SCHOOL: THEOLOGY

COURSE CODE: DYM114

COURSE TITLE: YOUTH COUNSELING

EXAM DATE:

TIME:

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Section A is **COMPULSORY**.
- Answer any **TWO** questions in Section **B**

SECTION A

QUESTION 1 IS COMPULSORY

1. The experiences of youth usually provide a foundation for adult life.
 - a). Explain TWO reasons why most youths would rather seek help from peers rather than ask for help from an adult or more experienced people. **(4mks)**
 - b). Define the following terms as used in youth counselling. **(8mks)**
 - i. Confidentiality **(2mks)**
 - ii. Unconditional Positive Regard **(2mks)**
 - iii. Empathy **(2mks)**
 - iv. Boundary violation **(2mks)**
 - c). List 4 characteristics of an effective youth counsellor. **(4mks)**
 - d). List and explain TWO benefits of youth counselling. **(4mks)**
 - e). List and explain TWO limitations of a youth counsellor. **(4mks)**
 - f). List and explain THREE goals of youth counselling. **(6mks)**

SECTION B

ANSWER ANY TWO QUESTIONS

2. God calls every Christian to counsel people, somewhere, at some time about something. Consider the following scripture:

"My son, if sinners entice you, do not give in to them. If they say, "Come along with us; let's lie in wait for someone's blood, let's waylay some harmless soul; let's swallow them alive, like the grave, and whole, like those who go down to the pit; we will get all sorts of valuable things and fill our houses with plunder; throw in your lot with us, and we will share a common purse"--my son, do not go along with them, do not set foot on their paths; for their feet rush into sin, they are swift to shed blood". (Proverbs 1:10-16)

- a) From the portion of scripture above, highlight THREE biblical views on counselling. **(6mks)**.
 - b) Explain the relevance of the scripture above in relation to peer influence among the youths. **(4mks)**
 - c) Distinguish between positive peer pressure and negative peer pressure. **(5mks)**
3. Effective counselling requires consistent professionalism.
 - a) List FIVE qualities of an effective youth counsellor. **(5mks)**
 - b) Outline and explain FIVE counselling skills. **(10mks)**

4. Good coping skills make for good mental health wellness among the youths.

- a) Distinguish between positive and negative coping skills **(5mks)**
- b) List and briefly explain FIVE positive coping skills **(10mks)**

5. Khajiti is a first year student at university. She lost her mother to a fatal road accident. Immediately after receiving the news of her mother's death she began exhibiting feelings of sadness, anxiety, guilt, anger, frequent self-criticism, self-blame, crying spells, withdrawal from others, chronic fatigue and lack of energy. She went through counseling and after several sessions she was able to recover from the loss of her mother. In her third year, Khajiti went for pregnancy test and she tested positive. After giving birth, she began experiencing insomnia, feeling agitated, restless and irritated, feeling depressed or unusually happy, and swinging rapidly between these states of mind.

- a) From the case study above, list any TWO major issues that you think Khajiti was experiencing **(4mks)**.
- b) As a youth counselor, explain any TWO counseling skills that you would employ to help Khajiti **(4mks)**.
- c) List THREE counseling principles that you can put in place in order for Khajiti to gain confidence with you as a peer helper. **(3mks)**.
- d) List and briefly explain TWO sources of addiction among the youths. **(4mks)**.