

AUGUST 2021
EBS 338
INTRODUCTION TO GUIDANCE AND
COUNSELLING
1 HOUR 30 MINUTES

Candidate's Index Number:
Signature:

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
SCHOOL OF EDUCATIONAL DEVELOPMENT AND OUTREACH
INSTITUTE OF EDUCATION

FOUR-SEMESTER BACHELOR OF EDUCATION PROGRAMME
THIRD YEAR, END-OF-SECOND SEMESTER EXAMINATION, AUGUST, 2021

AUGUST 12, 2021 INTRODUCTION TO GUIDANCE AND COUNSELLING 9:00 AM – 9:30 AM

This paper consists of two sections, A and B. Answer ALL the questions in Section A and TWO questions from Section B. Section A will be collected after the first 30 minutes.

SECTION A
(30 MARKS)

Answer ALL the questions in this Section.

For items 1 to 24, each stem is followed by four options lettered A to D. Read each item carefully and circle the letter of the correct or best option.

1. Which of the following models of peer counselling involves the teaching of skills?
 - A. Advocacy.
 - B. Generalist.
 - C. Instructional.
 - D. Outreach.
2. Which of the following are foundational counselling skills? Empathy,

 - A. listening and paraphrasing.
 - B. listening and silence.
 - C. listening and summarising.
 - D. reinforcement and silence.

3. A brilliant but needy pupil is seeking financial support. Which guidance service should the school counsellor offer the pupil?
 - A. Consultation.
 - B. Evaluation.
 - C. Information.
 - D. Orientation.
4. Which one of the following guidance services is the most important service?
 - A. Appraisal.
 - B. Consultation.
 - C. Counselling.
 - D. Information.

5. Which one of the following services is primarily designed to facilitate the psychosocial adjustment of fresh pupils?
 - A. Counselling.
 - B. Information.
 - C. Orientation.
 - D. Referral.

6. A school counsellor assisted individuals to achieve self-understanding. Which service did the school counsellor provide?
 - A. Appraisal.
 - B. Consultation.
 - C. Information.
 - D. Orientation.

7. Mr. Samuel Agyemang, a basic school counsellor in Obuasi, attends to the emotionally disturbed students. Which guidance service is being offered to the students?
 - A. Appraisal.
 - B. Counselling.
 - C. Information.
 - D. Orientation.

8. Which of the following activities fall under placement service? the school.
 - A. Guiding students to join clubs and societies in
 - B. Informing students about the administrative set up of
 - C. Introducing students to the physical facilities of
 - D. Organising visits to relevant places outside

9. All the following are non-test techniques except
 - A. anecdotal evidence.
 - B. checklist.
 - C. inventory.
 - D. rating scale.

10. School counsellors use tests for the following purposes except to
 - A. assess the client's abilities, interests and aptitude.
 - B. assist clients in career counselling.
 - C. identify and address students' genetic problems.
 - D. identify and address students' study behaviour problems.

11. Which of the following is **not** a misconception about counselling? Counselling is
 - A. advice-giving.
 - B. exclusively problem-solving.
 - C. goal-oriented.
 - D. interviewing.

12. In order to collaborate effectively with other stakeholders for the maximum development of the pupil, the school guidance co-ordinator should offer service.
 - A. consultation
 - B. counselling
 - C. evaluation
 - D. referral

21. The technique used to help a client modify his or her behaviour towards that of an observed person is known as

- A. modelling.
- B. positive reinforcement.
- C. shaping.
- D. systematic desensitization.

22. Effective listening involves all the following processes except a message.

- A. processing
- B. recalling
- C. receiving
- D. sending

23. Which one of the following characteristics of the counsellor is not a personal character trait?

- A. Emotional stability.
- B. Good listener during counselling.
- C. Knowledgeable about theories.
- D. Warm and responsible.

24. Which one of the following communication skills is concerned with the attitude of recognizing the value of clients?

- A. Acceptance.
- B. Converging warmth.
- C. Empathic understanding.
- D. Genuineness.

Items 25 to 27 are statements followed by True and False options. Read each statement carefully and indicate whether it is True or False by circling the letter of the correct option.

25. Guidance is didactic means the counsellor teaches the client.

- A. True
- B. False

26. In guidance, the feelings and thoughts of the clients are emphasized.

- A. True
- B. False

27. Counselling is based on theories.

- A. True
- B. False

For items 28 to 30, write the appropriate responses in the spaces provided.

28. The term "counselling" was coined by the personality called

29. In counselling, accepting a person regardless of his or status, race, gender or some other factors is known as

30. A record of the longitudinal developmental information about pupils are found in the

13. The guidance service which enables the school counsellor to monitor the process of students after an orientation programme is service.
- A. consultation
 - B. evaluation
 - C. follow-up
 - D. referring
14. The guidance service which facilitates the determination of the effectiveness of the entire guidance programme is called service.
- A. consultation
 - B. evaluation
 - C. follow-up
 - D. information
15. Which of the following approaches to counselling believes in dealing with individuals from their internal frame of reference? approach.
- A. behavioural
 - B. client-centred
 - C. directive
 - D. eclectic
16. The counselling approach which assumes that the client has the capacity to solve his or her own problems is called approach.
- A. behavioural
 - B. client-centred
 - C. directive
 - D. eclectic
17. The most effective approach to counselling is known as approach.
- A. behavioural
 - B. client-centred
 - C. directive
 - D. eclectic
18. Empathic understanding is associated with the personality called
- A. Albert Ellis.
 - B. Carl Rogers.
 - C. Frederick Thorne.
 - D. Sigmund Freud.
19. The following are all non-verbal skills except
- A. facial expression.
 - B. posture.
 - C. questioning.
 - D. touching.
20. The counselling technique for reducing anxiety is called
- A. assertiveness training.
 - B. behaviour contract.
 - C. modelling.
 - D. systematic desensitization.