



## **UNIVERSITY EXAMINATIONS**

**SECOND YEAR EXAMINATION FOR THE AWARD OF THE DEGREE OF  
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY  
SECOND SEMESTER 2023/2024  
[JANUARY – APRIL, 2024]**

**PSYC 218: CAREER COUNSELLING**

**STREAM: Y2 S2**

**TIME: 2 HOURS**

**DAY: WEDNESDAY, 9:00 - 11:00 A.M.**

**DATE: 17/04/2024**

**INSTRUCTIONS**

- 1. Do not write anything on this question paper.***
- 2. Answer question ONE (Compulsory) and any other TWO questions.***

**QUESTION ONE**

- a) Explain the following terms
- Career development (5marks)
  - Career awareness (5marks)
  - Career coaching (5marks)
  - Burnout (5marks)
- b) Explain what an employee assistance and how it is useful. (10marks)

**QUESTION TWO**

- Differentiate between retirement and retrenchment. (6marks)
- Explain how retirement affects individuals' life. (4marks)
- What are the employers' obligations and duties in retrenchment. (10marks)

**QUESTION THREE**

- Discuss Donald Super's 5 stages of career development. (10marks)
- State and explain the 5 tips of successful career development. (10marks)

#### **QUESTION FOUR**

- a) Explain any out placement services. (4marks)
- b) What's steps does an employer need to take in choosing an outplacement provider. (8marks)
- c) List down the personality types in Hollands theory of career choices. (8marks)

#### **QUESTION FIVE**

- a) Describe professional burnout. (4marks)
- b) Explain the difference between stress and burnout. (6marks)
- c) Discuss 3 stages you would use to manage burnout. (10marks)