



## **UNIVERSITY EXAMINATIONS**

### **FIRST YEAR EXAMINATION FOR THE AWARD OF THE CERTIFICATE IN CRIMINOLOGY AND SECURITY STUDIES**

**SECOND SEMESTER 2023/2024**

**[JAN - APRIL, 2024]**

### **CSW 0102: COUNSELING SKILLS**

**STREAM: Y1 S1**

**TIME: 2 HOURS**

**DAY: TUESDAY, 12:00 - 2:00 P.M**

**DATE: 00/04/2024**

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#### **INSTRUCTIONS**

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

#### **QUESTION ONE (30MARKS)**

**Explain the meaning of the following terms**

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|--|-----------|
| i. Confidentiality   | (2 marks) |
| ii. Informed consent   | (2 marks) |
| iii. Psychoeducation   | (2 marks) |
| iv. Psychotherapy  | (2 marks) |
| v. Advocacy  | (2 marks) |
| a) Explain four differences between guidance and counseling                        | (4 marks) |
| b) Explain four personal principles in guidance and counseling                     | (4marks)  |
| c) Explain four skills that can be used for active listening                       | (4marks)  |
| d) State four reasons why open-ended questions are important in counseling process | (4marks)  |
| e) Identify four reasons why summarization is significant in counseling process    | (4marks)  |

#### **QUESTION TWO**

- a) State four reason why counseling is important at work place (4marks)

- b) Explain four challenges facing the establishment of counseling programs (8 marks)
- c) Discuss four strategies to promote counseling activities in the community today (8 marks)

**QUESTION THREE**

- a) Explain the four core principles of Gestalt therapy (8 marks)
- b) Explain two techniques used in Gestalt counseling (4 marks)
- c) Discuss four ways technology can be used to enhance counseling in the society (8 marks)

**QUESTION FOUR**

- a) Explain four reasons why psychological tests are important (8 marks)
- b) State the advantages of using interview during the counseling process (8 marks)
- c) Explain four disadvantages of group therapy (4marks)

**QUESTION FIVE**

- a) Explain four psychological signs of grief (4 marks)
- b) Discuss four determinants of grief (8 marks)
- c) Discuss any four stages of grief (8 marks)