

**UGANDA MARTYRS UNIVERSITY**  
**SCHOOL OF ARTS AND SOCIAL SCIENCES**  
**DEPARTMENT OF DEVELOPMENT STUDIES**  
**BACHELOR OF SOCIAL WORK AND SOCIAL ADMINISTRATION**

**YEAR III: 2023/2024**

**END OF SEMESTER I EXAMINATION**

**SWSA 3127: COUNSELLING AND GUIDANCE**

**NKOZI AND RUBAGA CAMPUSES**

**DATE: Wednesday 13<sup>th</sup> December, 2023**

**TIME: 9:30am-12:30pm**

**INSTRUCTIONS:**

**Answer only four Questions, while choosing two questions from each section.**

**All Questions carry equal marks.**

**Do not write anything on the question paper.**

**Begin each answer on a fresh page.**

**For more instructions, refer to the back of the answer booklet.**

**SECTION A**

1a). What are the goals of counseling clients? (5marks)

b). Describe how you would design a counseling room for enhancing counseling relationship and growth? (20marks)

2a). In order to enhance counseling relationship and growth, Counsellor should possess basic qualities. Using relevant examples, discuss these qualities. (10marks)

b). Using examples in each case, describe the basic counseling skills. (15marks)

3a). What aspects do counselors listen to? (9marks)

b). State any five close ended questions and five corresponding open ended questions a counselor can ask leading to similar information. (10 marks)

c). What is the relevance of the two forms of questions in b). above(6marks)

4a). How good is effective confrontation? (13marks)

b). What are the different forms of discrepancies with clients that cause for counselors' confrontation? (12marks)

### **SECTION B**

5a). Client: "I just don't have time to exercise, and I don't have the money to join a gym anyway. But I really want to lose weight and feel better."

Counsellor: .....

Question. From the above scenario, develop statements expressing;

i). Genuine confrontation(5marks)

ii). Bad Therapist's confrontation. (5marks)

b). Present any two client's scenarios expressing discrepancies. (15marks)

6. Using a conflict coil approach, discuss the components of a counseling process. Use of relevant examples under each component will earn you more marks. (25marks)

7a). What is confidentiality in counseling? (5marks)

b). Under what instances is total confidentiality impossible, undesirable or unethical? (12marks)

c). Under which circumstances is referral of clients appropriate? (8marks)

8a). What causes Counsellor burn-out syndrome? (12marks)

b). What would you suggest as ways of preventing the burn-out syndrome? 13marks)

**END**