



UNIVERSITY OF GHANA

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DEPARTMENT OF TEACHER EDUCATION  
SCHOOL OF EDUCATION AND LEADERSHIP  
COLLEGES OF EDUCATIONEND OF SEMESTER ONE EXAMINATIONS FOR LEVEL 300, 2024/2025  
B.ED. PROGRAMME

COURSE CODE: TEEG 303/TEUP/TEJS 301

COURSE TITLE: GUIDANCE AND COUNSELLING FOR EARLY, UPPER GRADE &amp; JHS

***Instruction:*** Answer all questions in Section A and any three questions in Section B.

Time: 2 hours

**SECTION A**

[25 Marks]

Answer all the questions in this section.

1. Which of the following best describes the main goal of guidance and counseling in schools?
  - a. To ensure strict discipline among students in all schools.
  - b. To assist students in understanding themselves and making informed decisions.
  - c. To limit students' career choices to 21<sup>st</sup> century requirements.
  - d. To promote competition among students to prepare them for the future.
2. The difference between guidance and counseling is primarily that:
  - a. Guidance is directive, while counseling is non-directive.
  - b. Counseling is for discipline, while guidance is for career choices.
  - c. Guidance involves therapy, while counseling does not.
  - d. Counseling is always group-based, while guidance is individual.
3. Which of these is a core function of guidance and counselling in schools?
  - a. Administrative tasks for the school's management.
  - b. Classroom management to enhance discipline in schools.
  - c. Emotional and psychological support for students.
  - d. Financial management for students needy but brilliant students.

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4. The most appropriate approach to career guidance for students is:
  - a. Exploring students' interests and abilities.
  - b. Focusing only on high-paying careers.
  - c. Imposing specific career paths.
  - d. Limiting options based on academic performance.
5. Which principle is essential in maintaining confidentiality in counseling?
  - a. Discussing cases with peers to seek their assistance.
  - b. Keeping information private unless there is a risk of harm.
  - c. Reporting all cases to parents to keep them informed.
  - d. Sharing information only with school administrators.
6. A student expresses suicidal thoughts during a counseling session. What is the most appropriate action for the counselor to take?
  - a. Ignore the statement because the student is just joking.
  - b. Inform the parents and refer to a mental health professional.
  - c. Promise to keep it a secret to ensure confidentiality of information.
  - d. Punish the student for such thoughts since suicide is a sin.
7. During a counseling session, a student remains silent. What should the counselor do to encourage communication?
  - a. End the session immediately if the student won't talk.
  - b. Force the student to speak so that you can assist.
  - c. Ignore the silence and move on with the counseling.
  - d. Use open-ended questions to prompt responses.
8. If a student is facing bullying but hesitates to report it, what is the most effective counseling approach?
  - a. Advising them to confront the bully directly to address the issue.
  - b. Encouraging them to share their experiences confidentially.
  - c. Ignoring the issue because it is not an academic issue.
  - d. Suggesting they change schools as a way of escaping the bullying.
9. A counselor notices a pattern of absenteeism in a student. What should the counselor do first?
  - a. Ignore the absenteeism behavior as it is harmless.
  - b. Punish the student to serve as a deterrent.
  - c. Report the student to the head of the school.
  - d. Schedule a session to explore underlying issues.

10. If a student feels pressured by parental expectations, what is the best counseling strategy?
- Advise the student to leave home to avoid the high expectations.
  - Criticize the parents for expecting so much from their ward.
  - Help the student explore personal interests and communicate effectively with their parents.
  - Suggest to the student to ignore the parents' advice and move on.
11. Which of the following scenarios best illustrates effective peer counseling?
- Peers giving advice based on personal biases and preferences.
  - Peers listening empathetically and maintaining confidentiality.
  - Peers spreading information about others to peers.
  - Peers ignoring each other's problems and focusing on their own problems.
12. A teacher wants to integrate career guidance into lessons. What is the best approach?
- Assigning careers based on students' grades.
  - Avoiding career discussions in class.
  - Discussing various careers related to the subject matter.
  - Limiting information to traditional careers only.
13. A student reports that cultural beliefs are discouraging them from pursuing higher education. How should the counselor respond?
- Advise them to accept their situation.
  - Explore the student's aspirations and empower them with information and options.
  - Dismiss the cultural beliefs as irrelevant and unrelated to pursuing higher education.
  - Suggest immediate relocation to another country to access higher education.
14. Which is the most effective strategy to address gender bias in career counseling?
- Encouraging all students to pursue traditional gender roles.
  - Providing information about diverse career paths irrespective of gender.
  - Discouraging female students from taking careers in STEM fields.
  - Promoting only female-dominated careers for girls and women.
15. If a student displays aggressive behavior during a session, the counselor should:
- Ignore the behavior and continue with the session.
  - End the session abruptly to escape danger.
  - Remain calm and use de-escalation techniques.
  - Respond aggressively to ward the student away.
16. Which scenario demonstrates a breach of confidentiality in counseling?
- Consulting another counselor for advice anonymously.
  - Discussing a student's case with other teachers without consent.
  - Keeping session details private to ensure confidentiality.
  - Reporting risk of harm to appropriate authorities.

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17. How can a counselor ensure cultural sensitivity during sessions?
- Acknowledging and respecting the student's cultural background.
  - Enforcing their own cultural beliefs during counselling sessions.
  - Focusing only on academic issues during counselling sessions.
  - Ignoring cultural aspects during counselling sessions.
18. Which of these is a key indicator of a successful counseling session?
- The student feels heard and understood.
  - The counselor dominates the conversation.
  - The student is given strict instructions.
  - The session ends quickly to save time.
19. A student expresses fear of public speaking. Which counseling approach is most effective?
- Advising them to avoid presentations.
  - Cognitive-behavioral techniques to address the fear.
  - Forcing them to present in class immediately.
  - Ignoring the fear of public speaking.
20. How should a counselor handle a conflict between two students?
- Facilitate a mediation session focusing on effective communication.
  - Ignore the conflict and let the students proceed with their academic work.
  - Punish both students equally to serve as a deterrent to others.
  - Take sides based on personal opinion and give judgement.
21. Counsellor Amoako encouraged his students to use hand sanitizers and wear face masks on/outside campus. This best describes...
- Educational information
  - Orientation information
  - Personal-social information
  - Vocational information
22. Counsellor to client: "As for me I don't have time for any adult above 70 years in my office. At your age, you should know everything." The MOST appropriate Guidance principle the counsellor is violating is...
- Guidance is a continuous process
  - Guidance emphasizes the positive
  - Guidance is concerned primarily and systematically with the personal development of the individual
  - Guidance is based upon recognising the dignity and worth of the individual as well as the right to choose

23. Counsellor to client: "Shut up! You don't have any excuse for not attending the guidance seminar. You will be punished." The MOST appropriate Guidance principle this is violating is...
- A. Guidance is a team effort
  - B. Guidance is concerned primarily and systematically with the personal development of the individual
  - C. Decision making is essential
  - D. Guidance is oriented toward co-operation and not compulsion
24. The counsellor said to her grieving client, "I'm very sorry for your loss." Which among the following is MOST appropriate?
- A. Acceptance of self
  - B. Focusing on self
  - C. Reassuring, encouraging and supporting
  - D. Reflection of feelings
25. When Obed entered the school counsellor's office, the counsellor said to him: "You are welcome. Please sit down. You look very smart this morning." Which among the following is MOST suitable?
- A. Attentiveness
  - B. Genuineness
  - C. Empathy
  - D. Rapport

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### SECTION B

[75 Marks]

Answer any **three (3)** questions in this section.

1. a) Discuss **three (3)** challenges facing the successful implementation of guidance and counselling in Ghanaian schools. (15 marks)  
b) Suggest any two ways of addressing the implementation challenges identified in question 1 (a) above. (10 marks)
2. Explain **five (5)** guidance services provided in Ghanaian schools and analyze their impact on student development. (25 marks)
3. Assess **five (5)** roles of effective communication plays in counseling and how it influences the success of a counseling session. (25 marks)
4. Discuss the importance of confidentiality in ensuring effective counseling in Ghanaian schools. (25 marks)
5. Evaluate **cognitive restructuring** and **assertive training** as modification techniques and assess their effectiveness in school settings. (25 marks)