



NATIONAL OPEN UNIVERSITY OF NIGERIA
14-16 AHMADU BELLO WAY, VICTORIA ISLAND LAGOS
MARCH/APRIL 2016 EXAMINATION

SCHOOL OF EDUCATION

COURSE CODE: EGC 804

COURSE TITLE: TECHNIQUES OF COUNSELLING

Time ALLOWED: 2 Hours

INSTRUCTION: Answer Question one and any other two questions.

1 (a). Discuss five characteristics that a practicing counsellor should possess (10 marks).

(b) Write short notes on the following counselling techniques:

- i. Modelling (5 marks).
- ii. Reinforcement (5 marks).
- iii. Case study (5 marks).
- iv. Cognitive restructuring (5 marks).

2. Discuss five (5) ethical issues of counselling techniques in Nigeria (20 marks).

3.(a) Give a brief definition of the term *counselling* (2 marks).

(b). Explain six (6) basic stages of counselling procedures and processes that a school counsellor should follow in counselling a senior student on the consequences of poor study behaviours (18 marks).

4. Discuss five relevant techniques that a practicing counsellor should apply in counselling young adolescents against terrorism and cultism in Nigeria (20 marks).

