



<b>FACULTY:</b>	EDUCATION AND HUMAN SCIENCES
<b>DEPARTMENT:</b>	APPLIED EDUCATIONAL SCIENCES
<b>MODULE:</b>	GUIDANCE AND COUNSELLING 2
<b>MODULE CODE:</b>	PSP/PSU 3800 & PSG 3880
<b>DATE</b>	October/NOVEMBER 2025
<b>DURATION:</b>	2 hours
<b>MARKS:</b>	75 Marks

### **FIRST OPPORTUNITY EXAMINATION**

**Examiner:** Ms. E. Tjiramba

**External Moderator:** Dr. Peter Jairo O, Aloka

#### **INSTRUCTIONS TO CANDIDATE:**

- 1. This question paper consists of (8) pages, including the cover page.**
- 2. Answer ALL the questions.**
- 3. Number your questions correctly.**
- 4. Read the questions carefully before you answer.**
- 5. Please note that cheating in the examination will result in failure.**

## QUESTIONS

### SECTION A: Multiple Choice (20 marks)

Choose the best answer.

1. The counselling approach that emphasises unconditional positive regard and empathy is:
  - A. Behavioural approach
  - B. Person-Centred approach
  - C. Systems approach
  - D. Psychoanalytic approach
  
2. Which of the following is NOT a basic counselling skill?
  - A. Attending
  - B. Paraphrasing
  - C. Advising directly
  - D. Summarising
  
3. In the Namibian context, violence among adolescents can best be addressed by:
  - A. Ignoring minor incidents
  - B. Using a systems approach that involves school, family, and community
  - C. Solely punishing offenders
  - D. Avoiding parental involvement
  
4. The eco-systems approach views psychosocial challenges as:
  - A. Isolated individual problems
  - B. Influenced by multiple interacting environments
  - C. Best addressed by medication
  - D. Irrelevant to school settings

5. The first step in the counselling process usually involves:
  - A. Summarising the session
  - B. Termination of counselling
  - C. Establishing rapport
  - D. Giving advice
  
6. The main goal of school counselling is to:
  - A. Diagnose mental illness
  - B. Support learners' academic, personal, and social development
  - C. Replace parental responsibilities
  - D. Focus only on career guidance
  
7. Which counselling approach focuses on how thoughts influence emotions and behaviour?
  - A. Cognitive approach
  - B. Psychoanalytic approach
  - C. Person-Centred approach
  - D. Systems approach
  
8. A major limitation of the psychoanalytic approach in schools is that:
  - A. It ignores childhood experiences
  - B. It is time-consuming and less practical for school settings
  - C. It emphasises behaviour modification
  - D. It does not consider unconscious processes
  
9. When a counsellor uses reflection of feeling, they are:
  - A. Giving advice
  - B. Identifying the client's emotions and restating them
  - C. Asking closed-ended questions
  - D. Ignoring emotional content

10. Which of the following is a psychosocial challenge commonly faced by Namibian adolescents?
- A. High self-esteem
  - B. Strong family support
  - C. Peer pressure and substance abuse
  - D. Consistent access to resources
11. Confidentiality in counselling means:
- A. Sharing client information freely with teachers
  - B. Protecting the client's disclosures except in cases of harm
  - C. Avoiding all forms of note-taking
  - D. Ignoring parents' involvement in the process
12. Resilience in learners can best be built by:
- A. Encouraging coping strategies and problem-solving skills
  - B. Punishing negative behaviour harshly
  - C. Avoiding difficult topics
  - D. Limiting peer support
13. Which of the following is NOT a psychosocial challenge?
- A. Poverty
  - B. Stress
  - C. Effective communication
  - D. Teenage pregnancy
14. The termination stage of counselling refers to:
- A. Ending the relationship once goals are achieved
  - B. The first contact with the client
  - C. Avoiding future contact permanently
  - D. Ignoring client progress

15. The counselling micro-skill of probing is used to:
- A. Clarify and deepen client responses
  - B. Summarise the entire session
  - C. End the counselling relationship
  - D. Provide direct solutions
16. The role of a school counsellor in Namibia is best described as:
- A. Disciplinarian
  - B. Advisor on personal, academic, and career issues
  - C. Solely a teacher substitute
  - D. Strict administrator
17. Which of the following is an ethical issue in counselling?
- A. Respecting confidentiality
  - B. Ignoring cultural diversity
  - C. Practising empathy
  - D. Establishing rapport
18. One primary focus of behavioural counselling is:
- A. Dream analysis
  - B. Reinforcement of desirable behaviours
  - C. Exploring unconscious desires
  - D. Building family systems
19. An example of a preventive counselling service in schools is:
- A. Crisis intervention after suicide
  - B. Life skills education programmes
  - C. Handling bullying after it escalates
  - D. Termination of counselling sessions
20. The counsellor's role in addressing adolescent violence is to:
- A. Punish offenders severely

- B. Provide guidance, mediation, and systemic support
- C. Avoid getting involved
- D. Leave it solely to law enforcement

### **SECTION B: True or False (20 marks)**

Indicate whether the statements are True (T) or False (F)

1. Substance abuse is not a psychosocial challenge in Namibian schools.
2. Questioning is a core skill in effective counselling.
3. The Person-Centred approach encourages directive guidance by the counsellor.
4. Adolescence is a developmental stage often characterised by identity struggles.
5. Suicide is one of the psychosocial challenges affecting Namibian adolescents.
6. Counselling skills include attending, paraphrasing, and summarising.
7. The systems approach ignores the influence of community on the learner.
8. Adolescents in Namibia are not affected by poverty.
9. Effective counselling requires establishing rapport with the client.
10. Career guidance is one of the services offered in school counselling.
11. Confidentiality in counselling can be broken if a client is at risk of harm.
12. Peer pressure has no influence on adolescent decision-making.

13. The eco-systems approach emphasises the interaction between individuals and their environments.
14. Stress can have both positive and negative effects on learners.
15. Counselling only focuses on learners with severe psychological disorders.
16. Behavioural counselling relies on reinforcement and conditioning.
17. Adolescents facing poverty may also experience academic challenges.
18. Paraphrasing is when a counsellor repeats the client's exact words.
19. Suicide prevention is an important area of school counselling.
20. Counselling in schools contributes to learners' holistic development.

### SECTION C: Matching (15 marks)

**Instructions:** Match the items in **Column A** with the correct descriptions in **Column B**. Write the correct letter (a–o) next to the number.

Column A	Column B
1. Person-Centred approach	___ a. Crisis that may require relaxation, time management, and coping strategies
2. Behavioural approach	___ b. Repeating the client's message in your own words
3. Systems approach	___ c. Interconnectedness of family, school, and community influences
4. Cognitive approach	___ d. Empathy, congruence, and unconditional positive regard
5. Psychoanalytic approach	___ e. Focus on conditioning, reinforcement, and behaviour change
6. Attending	___ f. Restating the main ideas of a counselling session in fewer words
7. Paraphrasing	___ g. Childhood experiences and unconscious drives
8. Summarising	___ h. Psychosocial challenge often linked to peer pressure and poor decision-making

Column A	Column B
9. Substance abuse	___ i. Being fully present with the client through non-verbal cues and focus
10. Stress	___ j. Thought processes and perceptions shaping behaviour
11. Confidentiality	___ k. Protecting sensitive client information, with exceptions for safety concerns
12. Reflection of feeling	___ l. Identifying and restating the client's emotions
13. Probing	___ m. Clarifying or deepening a client's response
14. Resilience	___ n. Building coping and problem-solving capacity
15. Career guidance	___ o. Assisting learners in exploring future education and occupational paths

## SECTION D: Essay/Case Study

### Case Study:

A Grade 10 learner has recently lost a parent. Since the loss, the learner has withdrawn from peers, struggles academically, and often cries during class breaks.

### **Question (20 marks)**

Discuss how you, as a school counsellor, would handle this case using the **counselling process**. In your answer, highlight specific **counselling skills** you would apply.

TOTAL: 75