



## DIPLOMA IN EDUCATION MANAGEMENT EXAMINATION

### PAPER 8: GUIDANCE AND COUNSELLING

TIME: 2 HOURS

DATE: 9<sup>th</sup> August, 2019

#### INSTRUCTIONS

This paper consists of **TWO** sections

Answer **ALL** the questions in **SECTION A**

Answer any **THREE** questions from **SECTION B**

Answer all the questions in the answer booklet provided

Use of mobile phones in the examination room is prohibited

<b>SECTION A (COMPULSORY)~ 40 MARKS</b>
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<b>ANSWER ALL QUESTIONS IN THIS SECTION</b>
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1. Wambo is a Form 2 Student in Mwako Mixed Day Secondary School. He misses school frequently. When he is in school, he looks disoriented, disturbed and withdrawn. He is unwilling to disclose his problem for fear that the Guidance and Counselling teacher will expose his problems to other teachers.
  - (a)
    - (i) Give **two** reasons why the Guidance and Counselling teacher should exercise confidentiality on Wambo's case **(2marks)**
    - (ii) Give **two** situations that could lead to the Guidance and Counselling teacher to breach confidentiality on Wambo's case **(2marks)**
  - (b) Describe **three** circumstances that could cause the Guidance and Counselling teacher to refer Wambo to a Professional Counsellor **(6marks)**

2. Chungwa a 16 year old girls is a form 3 student in Pea Mixed Day Secondary School. Her class teacher has noted that in the recent past, Chungwa has become withdrawn, spends most of her time alone and her performance is deteriorating. In addition she gets easily irritated, complains of stomach upset and has confided to her classmate that she is thinking of doing something nasty. The teacher has advised her to see the school nurse who has referred her to Mrs. Tamu, a Psychological Counsellor.

(a) Identify **four** signs that indicate that Chungwa could be depressed

**(4marks)**

(b) Describe the **three** types of counselling that Mrs. Tamu could use to help Chungwa deal with her current situation **(6marks)**

3. Discipline is a major component in effective education process. The Human Rights Watch (1999) identifies various alternative forms of discipline that can be employed to help instill discipline among learners in a school.

(a) (i) Give the rationale behind instilling discipline among learners.

**(2marks)**

(ii) State four differences between discipline and punishment

**(4marks)**

(b) Describe how the following alternative forms of discipline could help in moulding learners behaviours

(i) Positive reinforcement **(2marks)**

(ii) Setting rules and expectations **(2marks)**

4. In October 2018, a bus ferrying pupils from Nomma Primary School for a trip was involved in an accident. A few pupils were badly injured and rushed to hospital for treatment where some of them were admitted and others treated and discharged. The incident left pupils very traumatized and thus they required therapy from a Professional Counsellor.

- (a) List the **four** symptoms of Post Traumatic and stress Disorder (PTSD) that the pupils were likely to exhibit after the accident **(4marks)**
- (b) Explain **three** circumstances under which the counselling process for the pupils involved in the accident could be terminated **(6marks)**

**SECTION B - 60 MARKS**

**ANSWER ANY THREE QUESTIONS IN THIS SECTION**

5. There has been an increase in delinquent and criminal behavior in our society today. Delinquent behavior in our schools has had far reaching effects on students and teachers alike.
- (a) Differentiate between delinquency and crime **(2marks)**
- (b) Explain **five** risk factors linked to delinquency and misbehavior in our schools **(10marks)**
- (c) As a School Manager, you have asked the Discipline Committee to develop a School discipline Plan. Describe the **four** components that the committee would include in the plan **(8marks)**
6. Mr. Mwiko is a Career Guidance Counsellor with Kwenu Counselling Centre. As the Education Manager of Uwanja Secondary School you have invited him to talk to the Form 4 students on career choices. Mr. Mwiko has decided to talk to the students on the following:
- Gender and Career Development
  - How to recognize talents
- (a) (i) Differentiate between gender and sex **(2marks)**
- (ii) Outline **four** methods that Mr. Mwiko could use to disseminate the information to the students **(4marks)**
- (b) Describe **three** types of gender stereotypes at work place that Mr. Mwiko is likely to point out **(6marks)**

- (c) Explain **four** strategies that the teacher can use to identify talents among students in the school **(8marks)**

7.

- (a) Describe the stages of cognitive development according to Jean Piaget **(8marks)**
- (b) Explain why adolescents are more likely to engage in risky behaviours much more than adults **(6marks)**
- (c) Give **three** risks associated with the following among teenagers
- (i) Teenage Sex **(3marks)**
  - (ii) Female Genital Mutilation **(3marks)**

8. Jani an eleven year old girl has been forced to drop out of school to take care of her ailing mother. Despite her tender age, she helps feed her mother, cleans her clothes and goes to the market to buy foodstuff. Jani cries consistently whenever her mother is in pain and always blames herself for not doing enough to alleviate her mother's pain. She is living in fear that her mother could die and leave her alone. She has been experiencing a range of health issues such as headaches and has not been getting enough sleep.

- (a) (i) Distinguish between trauma and crisis **(4marks)**
- (ii) Outline **four** emotional symptoms of trauma in Jani's case **(4marks)**
- (b) Describe **three** characteristics of compassion fatigue that Jani is likely to exhibit **(6marks)**
- (c) Describe the **three** types of trauma that a Counsellor could adopt to help Jani **(6marks)**



## DIPLOMA IN EDUCATION MANAGEMENT EXAMINATION

### PAPER 8: GUIDANCE AND COUNSELLING

TIME: 2 HOURS

DATE: 22<sup>nd</sup> July, 2021

#### INSTRUCTIONS

This paper consists of **TWO** sections

Answer **ALL** the questions in **SECTION A**

Answer any **THREE** questions from **SECTION B**

Answer all the questions in the answer booklet provided

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**SECTION A (COMPULSORY)- 40 MARKS**

**ANSWER ALL QUESTIONS IN THIS SECTION**

Read the case below and answer questions 1, 2, and 3:

A local media reported that students from a Boys Boarding School in ABC County who broke into a neighboring Girls School have been directed to sit for examinations from outside the school compound. The students will now be required to make arrangements of how they will sit for the remaining examination papers. Later, after the decision had been implemented, the students sneaked back into their school in an effort to be forcefully accommodated during examinations.

1. List and justify **three (3)** principles that should be adhered to while carrying out guidance in the two schools for effective behavior modification **(6marks)**
2. Discuss **five (5)** reasons for carrying out guidance and counseling in both schools following the above incident **(10 marks)**
3. Discuss **five (5)** measures that can be put into place towards handling adolescent sexuality problems **(10 marks)**

4. Counselors play many vital roles in a school set-up, which is paramount not only to the wellbeing of the students but also to school staff and parents.

You have been tasked with the role of developing a counseling program in your school.

Describe the process that you would undertake in developing a guidance and counseling program (14 marks)

**SECTION B - 60 MARKS**

**ANSWER ANY THREE (3) QUESTIONS IN THIS SECTION**

5. Recent reports of a spike in teenage pregnancies across the Country during the COVID-19 Pandemic lockdown have been met with shock and disbelief. The reality is that teenage pregnancy is high across the Country and has remained so despite the periodic outcry whenever numbers on teenage pregnancy are released. Thus, there is need to address systematic drivers of teenage pregnancies. Two (2) students are victims of teenage pregnancy in your school and require counseling.

In addressing the above case:

- Identify **four (4)** situations when the confidentiality clause may be broken (4 marks)
  - Briefly explain **four (4)** reasons why the counselor-client relationship may be terminated (4 marks)
  - The Counselor has decided to use directive counseling which is a counselor centred approach. Explain the **six (6)** steps that will be followed while using this counseling approach (12 marks)
6. Peer counseling is a process in which trained and supervised students assist in the systematic facilitation of growth and development of effective coping skills among other students.
- Citing **five (5)** examples, discuss the importance of Peer Counseling in a school (10 marks)
  - Discuss **five (5)** qualities of a Peer Counselor (10 marks)

7. Career Counseling is an interpersonal process designed to assist individuals with career development issues. The career counselor must help a learner develop a lifelong career plan that is tailored to individual realities.

- a) Discuss **five (5)** skills that a Career Counselor can seek to impart to students during career counseling **(10 marks)**
- b) As a Career Counselor, it is important to guide the learners in understanding that their sexuality should not be a major determinant in career and vocation selection.
  - (i) Discuss the rationale for this statement **(2 marks)**
  - (ii) Illustrate **four (4)** measures that can be put into place to eliminate gender stereotypes/biases **(8 marks)**

8. Read the case below and answer the questions that follow:

Musa, a 16-year old boy studying at Top Brains school caused serious physical injuries to his mother. This followed an argument after being sent home for burning his desk mate's personal belongings. Police are investigating this incident.

- a) Distinguish between 'trauma' and 'crisis' **(4 marks)**
- b) Discuss **four (4)** factors that predispose youths to violence **(8 marks)**.
- c) Discuss **four (4)** 'youth violence preventive programs' that can be adopted to avert similar cases as above **(8 marks)**



**DIPLOMA IN EDUCATION LEADERSHIP AND MANAGEMENT  
EXAMINATION**

**PAPER 8: GUIDANCE AND COUNSELLING FOR EDUCATION  
INSTITUTIONS**

**TIME: 2 HOURS**

**DATE: 22<sup>nd</sup> September, 2022**

**INSTRUCTIONS**

This paper consists of **TWO** sections

Answer **ALL** the questions in **SECTION A**

Answer any **THREE** questions from **SECTION B**

Answer all the questions in the answer booklet provided

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**SECTION A (COMPULSORY)- 40 MARKS**

**ANSWER ALL QUESTIONS IN THIS SECTION**

Read the following extract that appeared in a local daily newspaper and answer questions 1, 2, 3 and 4.

Police in Sababu County are investigating the cause of a fire that gutted down two dormitories at Uwezo Secondary School in the wee hours of the morning. The fire believed to have been started by some students at around 4.30am destroyed property worth of millions of shillings and caused physical injuries to about 140 students. Following this incident, students are required to undergo guidance and counselling services before readmission for the third term.



1. Discuss **five (5)** principles that should be observed by the counsellors while carrying out guidance and counselling services **(10 marks)**
2. The Sababu County Director of Education while addressing the teachers, parents and students in the school following the fire incident, publicly criticized and humiliated the Principal for poor leadership. In regard to this scenario:  
  
Explain **five (5)** reasons why personal awareness in managing emotions is important **(10marks)**
3. Discuss **five (5)** guidelines for maintaining counselor-client confidentiality **(10 marks)**
4. Discuss **five (5)** underlying problems/issues that are alluded to in the case cited above, which may necessitate guidance and counselling services **(10marks)**

**SECTION B - 60 MARKS**

**ANSWER ANY THREE (3) QUESTIONS IN THIS SECTION**

5. Students experiencing severe distress exhibit behavior that signifies a crisis which requires immediate intervention.
  - a) Outline **four (4)** signs of distress notable amongst students **(4 marks)**
  - b) Citing relevant examples, explain **four (4)** functions of guidance and counselling in schools **(8 marks)**
  - c) Discuss the counselling skills a teacher counselor can employ while counseling a shy student who is struggling with the desire for recognition and anonymity in the following mentioned counselling phases:
    - (i) The interview phase **(4 marks)**
    - (ii) The working phase **(4 marks)**

6. In July, 2022 a video emerged online of a primary school pupil decrying inhumane corporal punishment at his school over poor performance. The pupil, a class 8 candidate at a public day and boarding school in Siaya County, was filmed narrating how he was severely whipped by two teachers for failing to score 400 marks at the end of term exams. As a result, the boy said he was contemplating dropping out of schools.

According to Human Rights Watch (1999) there are alternative forms of discipline that should be applied as opposed to corporal punishment. In view of this observation.

- (a) Discuss four (4) alternative forms of discipline (8 marks)
- (b) Describe six (6) steps in directive counseling approach that will be followed while counseling the pupil towards effective behavior modification (12 marks)
7. Cynthia a 17-year old girl who has just completed high school is debating upon attending career counseling or joining her friends for a road trip to Naivasha. On the basis of this case:
- a) Explain to Cynthia by use of three (3) relevant points, the importance of career counselling (6 marks)
- b) Outline the steps that should be followed in regard to career counselling (6 marks)
- c) Discuss four (4) reasons that can make the counsellor to terminate a counseling relationship (8 marks)
- 8.
- a) People may experience different reactions following a crisis or a traumatic event. Discuss five (5) observable signs amongst traumatized learners (10 marks)
- b) Citing clear examples, discuss five (5) situations that can cause trauma and crisis (10 marks)
9. When Kijana was in Form 2, his School Principal knew him as a trouble maker who often made fun of his fellow students and teachers. In Form 3,

Kijana was recommended by his class teacher to be trained as a peer Counselor. The Principal was a bit hesitant about this recommendation.

- a) State **five (5)** reasons why peer counseling is important (5 marks)
- b) List **five (5)** attributes that you would look out for while recruiting students for training as peer counselors (5 marks)
- b) Discuss **five (5)** challenges of peer counseling (10 marks)



**DIPLOMA IN EDUCATION LEADERSHIP AND MANAGEMENT  
EXAMINATION**

**PAPER 8: GUIDANCE AND COUNSELLING FOR EDUCATION  
INSTITUTIONS**

**TIME: 2 HOURS**

**DATE: 19<sup>th</sup> JANUARY 2023**

**INSTRUCTIONS**

This paper consists of **TWO** Sections

Answer **ALL** the questions in **SECTION A**

Answer any **THREE** questions from **SECTION B**

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**SECTION A (COMPULSORY)- 40 MARKS**

**ANSWER ALL QUESTIONS IN THIS SECTION**

1. Helping people achieve their goals is one of the most rewarding human experiences. Peer Counselors are critical in any society.
  - (a) Outline five (5) roles of a Peer Counselor in a school context (5marks)
  - (b) Outline five (5) attributes that a Peer Counselor should have (5marks)
2. Career information and career guidance activities can be integrated into subject areas by teachers. Classroom learning activities can also be enriched by input from a guidance practitioner. School student activities

can support career guidance goals and take advantage of contributions from parents and employees.

- (a) Explain three (3) goals of career guidance that would help teachers in integrating career guidance activities into learning activities (6 marks)
  - (c) Discuss two (2) guidelines that can help learners chart the way forward to a career development path (4 marks)
3. In October 2022, a school dormitory burnt down, and several students were arrested on suspicion of arson. This is a case of devastating criminal pattern that has dominated Kenya's education system for more than 30 years (Local Daily, 2022.)
- (a) Identify five (5) factors that instigated youth violence (5 marks)
  - (b) As an Education Manager, explain any five (5) programmes that can be put into place to prevent youth violence (5 marks).
4. The main purpose of a school is to provide students with an education foundation from which they can build successful independent lives. However, religion and radicalization can cause road blocks to student achievement.
- (a) Identify five (5) positive impact of religion on adolescents (5 marks)
  - (b) Explain five (5) measures that the government of Kenya can put in place to eradicate radicalization amongst youths in schools (5 marks)

**SECTION B - 60 MARKS**

**ANSWER ANY THREE (3) QUESTIONS IN THIS SECTION**

5. Mrs. Maria Amaria from Kuonekana Primary School realized that learners have many issues during their study that are a major concern for teachers.

- (b) Discuss seven (7) systematic steps that you would follow in developing a guidance and counseling plan for your school (14marks)
6. Growing children may not have control over their living conditions and are constantly encountering life threatening challenges.
- (a) Citing relevant examples, discuss five (5) fundamental issues children deal with in relation to self-awareness (10 marks).
- (b) Discuss five (5) types of counselling skills clearly illustrating how you can apply each of the five mentioned skills in a counselling situation (10 marks).
7. Juvenile delinquency is a key challenge for many youths.
- (a) Discuss six (6) causes of juvenile delinquency (12 marks).
- (b) Discuss four (4) components of a school's discipline plan (8marks).
8. Throughout history, Kenya has been exposed to a number of natural hazards and disasters such drought, floods and landslides. Kenya's exposure to hazards and disasters can be ranked between moderate and severe. In addition, a number of human induced hazards such as transport accidents, fire, civil conflicts have also been threatening the society. Teachers must be enriched with the latest technology in guidance and counseling practices to help address the effect of such calamities.
- (a) Discuss five (5) symptoms of trauma you may have identified amongst learners in your school (10 marks)
- (b) Explain using relevant examples five (5) counselling strategies in trauma and crisis management (10 marks)
9. Jane is an adolescent who has started to feel uncomfortable around boys in her school. Mary on the other hand feels that he wants to be more intimate and is comfortable around boys.
- (a) Discuss five (5) results arising from misguided sexual activities amongst adolescents (10 marks)
- (b) Discuss five (5) strategies that Institutions use towards handling adolescents' sexuality issues (10 marks).