

**NATIONAL UNIVERSITY OF LESOTHO  
INSTITUTE OF EXTRA MURAL STUDIES  
DEGREE IN ADULT EDUCATION  
2022/2023**

**FINAL EXAMINATION PAPER**

**ADE2303: INTRODUCTION TO GUIDANCE AND COUNSELLING IN ADULT  
EDUCATION**

---

**JANUARY 2023**

**60 MARKS**

**3 HOURS**

---

**INSTRUCTIONS**

- Answer any three (3) questions of your choice
  - Write legibly and proof read your work
  - Begin each question on a new page
  - Number your responses carefully
  - Each question carries 20 marks
-

### QUESTION 1

- a) In your own words, describe the concept of guidance and counselling. (4)

Discuss with relevant examples the significance of guidance and counselling in adult learning. (10)

Explain how traditional counselling differs from western counselling. (6)

**[20 marks]**

### QUESTION 2

Describe with relevant examples how the following forces of personality influence adult personality:

- i) Id
- ii) Ego
- iii) Superego

**[20 marks]**

### QUESTION 3

- a) Explain with practical examples, the following types of counselling in adult education:

- i. Individual counselling
- ii. Group counselling.

(4)

- b) Discuss any two (2) advantages and two (2) disadvantages of each type of counselling in (a) above. (16)

**[20 marks]**

### QUESTION 4

According to Client Centered approach theory, by Carl Rogers, a client is the most important person in the counselling set up. With relevant examples, discuss any four (4) counselling techniques you would engage in order to enhance the counselling environment.

**[20 marks]**

### QUESTION 5

- a) Explain why it is important for counsellors to practice within the ethical standards. (8)

- b) Critically discuss any four (4) ethical standards of practice binding a counsellor to duty of care to the client/helppee. (12)

**[20 marks]**