

**NATIONAL UNIVERSITY OF LESOTHO**  
**FACULTY OF EDUCATION**  
**DEPARTMENT OF EDUCATIONAL FOUNDATIONS**  
**B. ED. (PRIMARY) PROGRAMME FINAL EXAMINATIONS**

**COURSE CODE & NAME: BEP 220-4B: INTRODUCTION TO GUIDANCE AND  
COUNSELLING**

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**DATE: JULY, 2023**

**TIME: 3 HOURS**

**MARKS: 100**

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**INSTRUCTIONS:**

- 1. THERE ARE SEVEN (7) QUESTIONS IN THIS PAPER.**
  - 2. ANSWER ANY FOUR QUESTIONS OF YOUR CHOICE.**
  - 3. ALL QUESTIONS ADD TO 100 MARKS.**
  - 4. EACH QUESTION CARRIES 25 MARKS**
  - 5. NUMBER YOUR QUESTIONS AS IN THE QUESTION PAPER**
  - 6. BEGIN EACH QUESTION ON A NEW PAPER**
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## QUESTION ONE

a) Say which mechanisms are displayed by the following characters in the scenarios below:

- i. Thabo was frustrated by his superiors at work because he failed to submit a report on Monday. When he arrived home he started to kick doors and dogs. \_\_\_\_\_(1)
- ii. You are a grown up person, suddenly you are back to the previous stage where you find yourself behave like a teenager. You find yourself totally or partially returned to the behaviour of an early stage which was enjoyable. \_\_\_\_\_(1)
- iii. Lints'i [husband] says he does not want to stay with Mosa [wife], however, the wife says, she is loved very much and she keeps on talking about the husband who is no longer staying with her. \_\_\_\_\_(1)
- iv. Tseleng was raped by a member of the family when she was young. She still has a subjugated memories of abuse suffered as a child and she finds herself having difficulty forming relationships with opposite sex. \_\_\_\_\_(1)
- v. Lisebo is in grade 4. She comes late for a class, then, you ask her why she is late for class, she cries and whatever is said to her, she cries. \_\_\_\_\_(1)
- vi. Ugandan man is helping students. You think that he is misusing and abusing them, then you take a stand point to protect them but actual, you are the one who is abusing them in a hidden way: \_\_\_\_\_(1)
- vii. You hate your father because when you were young he neglected you, but your superego tells you that such hatred is unacceptable. You can solve the problem by believing that he hates you. \_\_\_\_\_(1)

b) Identify any two dimensions of guidance and say why it is important to introduce them to learners at your school. (10)

c) Briefly explain how the following would contribute to learners' psychological wellness:

- (i) Organismic valuing process

- (ii) Actualizing tendency (8)  
**(25)**

### **QUESTION TWO**

- a) Briefly explain how you would apply skills and knowledge of guidance and counselling to help learners who are engaged in drugs and substance use. (5)
- b) Briefly describe the use of the following cognitive techniques in REBT:
- i. Disputing irrational methods (5)
  - ii. Doing cognitive homework (5)
- c) In a table form, differentiate between Freud and Elli's view of human nature. (10)  
**(25)**

### **QUESTION THREE**

- (a) Briefly evaluate the structure of personality under psychoanalysis. (9)
- (b) Briefly explain the importance of post counselling for both the counsellor and the clients. (6)
- (c) With examples, classify human genetically encoded needs under Reality Theory (10)  
**(25)**

### **QUESTION FOUR**

- a) Substantiate with example the reasons why would you encourage educators to implement reality therapy approach in the Classroom Management (15)
- b) Elucidate the origins of emotional disturbances as viewed by Albert Ellis. (10)  
**(25)**

### **QUESTION FIVE**

- a) Discuss the suitability of REBT in counselling primary school learners. (10)
- b) "In a therapeutic situation, the facilitator has to create a growth facilitating climate." Describe the three elements that therapeutic climate should include in order to foster growth. (9)
- c) In short, explain the role of group leader during counselling sessions in groups

(6)  
**(25)**

### **QUESTION SIX**

- a) Lineo gave you a report that her cousin had raped her on several occasions and the doctor has confirmed that she is HIV Positive. Briefly discuss how you would handle her situation applying the following counselling values.
- (i) Respect (5)
  - (ii) Individualisation (5)
  - (iii) confidentiality (5)
- b) Briefly explain any two hindrances to active listening in the counselling sessions (4)
- c) State six characteristics of a good counsellor. (6)
- (25)**