

NATIONAL UNIVERSITY OF LESOTHO

FACULTY OF EDUCATION

EFE2304: GUIDANCE AND COUNSELLING FOR EDUCATORS

JUNE 2023

MARKS: 100

TIME: 3HRS

INSTRUCTIONS TO STUDENTS

This paper consists of FIVE questions. Answer any FOUR questions of your choice from one to five. Each question carries 25 marks.

QUESTION ONE

- a) Explain the concept of Guidance and counselling (4)
- b) Use five points to explain the usefulness of guidance and counselling course in teacher training programme. (15)
- c) Explain three ways in which counselling differs from guidance (6)

(25 marks)

QUESTION TWO

- a) Explain how the following dimensions of guidance can contribute to creation of safe and peaceful learning environments:
 - i. Personal dimension (10)
 - ii. Social dimension (10)
- b) Differentiate between Educational and Vocational areas of guidance (5)

(25 marks)

QUESTION THREE

- a) Highlight five important things that emotionally disturbed learners can learn from Rational emotive behaviour therapy sessions (10)
- b) Adolescent learners usually adopt irrational cognitive processes. Create a case study of 15 lines where you describe a learner in your grade 10 class who seem to have adopted tendencies of:
 - i. Rating self-worth/denigrating (5)
 - ii. Perfectionism (5)
 - iii. Catastrophising (5)

(25 marks)

QUESTION FOUR

- a) Explain why you would prefer to use Reality therapy when helping learners who bully others to change their behaviour (10)
- b) Explain the concept of 'Genetically encoded needs' as it relates to emotional disturbance (10)
- c) Mention any five goals of Reality therapy (5)

(25 marks)

QUESTION FIVE

- a) Highlight **five** ways in which counselling relationship differs from day to day relationships (10)
- b) Explain the importance of any **five** counselling skills of your choice (15)

(25 marks)