

**THE NATIONAL UNIVERSITY OF LESOTHO**  
**DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK**  
**BSW EXAMINATIONS**

**SW 2304: SOCIAL WORK WITH INDIVIDUALS AND FAMILIES**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2HRS 30MIN**

**INSTRUCTIONS:** Answer Any **THREE** Questions

Each Question Carries **25** Marks

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1. Analyse the counseling role of social workers working in Correctional Institutions in Lesotho.
  2. Compare and contrast the casework and counselling approaches used in social work practice.
  3. Outline and elaborate on the **FIVE** main components of the casework process according to Perlman (1957).
  4. Using examples, examine the stages of the casework process as propounded by Mary Richmond (1917).
  5. Write short notes on the following techniques used in social case work practice.
    - a. Ventilation (5 marks)
    - b. Role playing (5 marks)
    - c. Environmental modification (5 marks)
    - d. Listening (5 marks)
    - e. Observation (5 marks)

**THE NATIONAL UNIVERSITY OF LESOTHO**

**BSW EXAMINATIONS**

**SW 2308: SOCIAL WORK WITH GROUPS**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2HRS: 30MIN**

**INSTRUCTIONS:** Answer any **THREE** questions

Each question carries **25** marks

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1. Tanga (2006) asserts that some of the families defy the classification of primary social groups. Discuss.
2. Using examples, show how social group workers can utilise cultural competence and policy analysis skills in group work as guided by Dubois and Miley (2005).
3. Evaluate the assertion that the performance stage is the most important stage of group development.
4. Identify and elaborate on any **THREE** domains of group dynamics that are likely to surface as group members proceed to interact.
5. Examine the relevance of Bronfenbrenner (1979)'s Ecological model in social group work interventions.

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**DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK**  
**BSW EXAMINATIONS**

**SW 3304: CLINICAL SOCIAL WORK THEORY AND PRACTICE**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2HRS 30 MIN**

**INSTRUCTIONS:** Answer any **THREE** questions

Each question carries **25** marks

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1. With the aid of examples, examine any **FIVE** roles clinical social workers perform in a hospital setting.
2. Critically examine the benefits and challenges of using theories in clinical social work practice.
3. Citing relevant examples, elaborate on how any **FIVE** factors influence the choice of a therapeutic intervention among clinical social work practitioners.
4. Mental Status Examinations (MSEs) are valuable tools that healthcare professionals use when working with individuals experiencing mental health challenges. In view of this assertion, discuss the relevance of MSEs in clinical social work settings.
5. Explore the importance of any **FIVE** techniques clinical social workers use when dealing with a client experiencing substance abuse challenges.

**THE NATIONAL UNIVERSITY OF LESOTHO**  
**DEPARTMENT OF SOCIOLOGY & SOCIAL WORK BSW**  
**EXAMINATIONS**

**SW 4304: ADULT DEVELOPMENT AND AGING**

**JANUARY, 2024                      MARKS: 75                      TIME: 2HRS 30 MIN**

**INSTRUCTIONS:** Answer any **THREE** questions  
Each question carries **25** marks

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1. With examples, critically analyse Kubler Ross' (1978) stages of dying.
2. Consider the importance of work, leisure and retirement in adulthood.
3. Evaluate the effectiveness of Lesotho Policy on Older Persons (2014) in protecting the wellbeing of older persons.
4. With examples, analyse the following mental disorders as they present in older adults:
  - a. Dementia (5 marks)
  - b. Anxiety Disorders (5 marks)
  - c. Alzheimer's disease (5 marks)
  - d. Sleep disorders (5 marks)
  - e. Parkinson's disease (5 marks)
5. Lifestyle is related to the specific way in which an individual or group lead their lives. Examine any **FIVE** different lifestyle choices which adults engage in.

**THE NATIONAL UNIVERSITY OF LESOTHO**

**BSW EXAMINATIONS**

**SW 4305- 3A: CHILD WELFARE PRACTICE**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2HRS 30 MIN**

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**INSTRUCTIONS:** Answer any **THREE** questions.

Each question carries **25** marks.

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1. With the use of examples, critically assess the effectiveness of any **FOUR** alternative care approaches for children in Lesotho.
2. Examine the effectiveness of Trauma Focused Cognitive Behavioural Therapy (TFCBT) as an intervention for victims of childhood trauma.
3. Children who have been exposed to prolonged overwhelming trauma are unable to regulate their emotions. With reference to the above statement, what mechanisms would you use to help such children to regulate their emotions?
4. Using examples, critically examine any **FIVE** behavior indicators that are often displayed by physically and sexually abused children.
5. Outline and elaborate on a case management process that you would follow in working with a child at high risk.

THE NATIONAL UNIVERSITY OF LESOTHO

BSW EXAMINATIONS

SW 1301: INTRODUCTION TO SOCIAL WORK THEORY AND PRACTICE

JANUARY, 2024

MARKS: 75

TIME: 2 HRS 30 MIN

**INSTRUCTIONS:** Answer any **THREE** questions.

Each question carries **25** marks

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1. Discuss the historical development of Social work in the United Kingdom and show how it informed the profession's development in Lesotho.
2. Using examples, examine the reasons behind the promulgation of ethics and principles in social work.
3. Examine the **FIVE** stages of casework process in the Casework method of social work practice.
4. With the aid of examples, discuss the relevance of Cognitive Behavioral Therapy (CBT) in dealing with depression.
5. Using examples, illustrate the **FOUR** goals of social welfare provision in Lesotho.

**THE NATIONAL UNIVERSITY OF LESOTHO**

**BSW EXAMINATIONS**

**SW1305: PROFESSIONAL RELATIONSHIPS AND COMMUNICATIONS SKILLS IN  
SOCIAL WORK**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2HRS:30MIN**

**INSTRUCTIONS:** Answer any **THREE** questions

Each question carries **25** marks

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1. Elaborate on any **THREE** risks that can materialise by the use of clarification during the social work helping process.
2. Social workers are advised to sparingly utilise closed-ended questions in the proceeding of the therapeutic session with clients. Discuss.
3. Using examples, examine the **THREE** central concepts of Client-Centered Theory of Carl Rogers (1946).
4. Assess the significance of confidentiality in professional social work relationship formation and sustenance.
5. Identify and elaborate on any **THREE** physiological barriers that can impede communication when social workers interact with clients professionally.

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**BSW EXAMINATIONS**

**SW 2303: INTRODUCTION TO QUALITATIVE SOCIAL WORK RESEARCH  
METHODS**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2 HRS 30 MIN**

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**INSTRUCTIONS:** Answer any **THREE** questions.

Each question carries **25** marks

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1. Using practical examples, examine the main characteristic features of qualitative social work research.
2. Describe the key components of a qualitative research proposal in social work.
3. Examine the **THREE** key purposes of social work research.
4. With the aid of examples, outline and elaborate on any **FOUR** ethical considerations in qualitative social work research.
5. Outline and describe the ways in which credibility can be achieved in qualitative social work research.



**THE NATIONAL UNIVERSITY OF LESOTHO**

**BSW EXAMINATIONS**

**SW 2305: SOCIAL WORK WITH COMMUNITIES**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2HRS 30 MIN**

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**INSTRUCTIONS:** Answer any **THREE** questions

Each question carries **25** marks.

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1. With the use of any **THREE** theories of your choice, discuss the importance of theoretical foundation in community work.
2. Critically examine any **FIVE** ethical principles of community development.
3. Using any community of your choice as an example, outline and discuss the process of compiling a community profile.
4. With the use of examples, briefly explain any **THREE** causes of conflict and show how you would mediate and negotiate to resolve the conflict for the successful implementation of a community project.
5. Write short notes on the following methods of connecting with the community.
  - a) Broad angle scan (5 marks)
  - b) Listening survey (5 marks)
  - c) ABCD method (5 marks)
  - d) Mapping of community resources (5 marks)
  - e) Community self-surveys (5 marks)

**THE NATIONAL UNIVERSITY OF LESOTHO**  
**BSW EXAMINATIONS**  
**SW 2306: SOCIAL WORK THEORIES**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2HRS 30 MIN**

**INSTRUCTIONS:** Section A is compulsory.

Answer any **TWO** questions from Section B.

Each question carries **25** marks

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**SECTION A**

**Instructions:** Choose the most appropriate answer.

1. Which concept is best explained by the following statement?

A set of statements about relationships among variables that presents a systematic understanding of a behavior, event, or circumstance, and offers an explanation for why it occurred:

- a) Model
- b) Method
- c) Theory
- d) Perspective

2. The main reason for utilizing theories in Social Work practice is that:

- a) Theories enable Social Workers to make sense out of the complexity of human behaviours.
- b) Theories explain the effect of human behavior in the overall functioning of the society.
- c) Theories inform Social Work practice interventions.
- d) All of the above

3. How does a social worker choose a theory to use in practice?

- a) By considering the theory's relevance to the case.
- b) By considering the theory's consistency with the practitioner's values, knowledge, skills, and worldview.

- c) By considering the Social Worker's favorite theory.
  - d) By considering the theory that's commonly used by supervisors or the Social Worker's agency.
4. What is the implication of feminist theories for social work practice?
- a) Social Workers should strive to identify, use, build, and reinforce the abilities and strengths that people have.
  - b) Social Workers should act as activists for equality, contesting such public issues as racial discrimination and women's lack of political equality.
  - c) Social Workers should strive to build shared values within communities, reducing disparities in wealth and income.
  - d) Social Workers should amend the long-term effects of crime and violence towards women and girls.
5. Which statement best describes the behavioral learning theories?
- a) Behavioral learning theories suggest that a client's situation improves when the client's behavioral patterns are adjusted.
  - b) Behavioral learning theories can be said to be a part of the psychodynamic theories.
  - c) Behavioral learning theories apply best to Social Work with individuals, and not in groups/ community work.
  - d) Behavioral theories call for an intervention plan that rewards some behaviors and punish others.
6. Which Social Work perspective is best described by the following statement?

Social Workers should assess all clients in light of their capacities, talents, competencies, possibilities, visions, values and hopes.

- a) Generalist perspective
  - b) Feminist perspective
  - c) Eco-systems perspective
  - d) Strengths-based perspective
7. What is cultural competence?
- a) The Social worker's ability to understand and work from the perspective of a variety of client cultures.
  - b) The Social Worker's ability to master the client's culture in both theory and practice.
  - c) The Social Worker's ability to shape client's cultural beliefs.
  - d) The Client's understanding of own culture and its' contribution to the client's problems.

8. Which of the following models can be used to help clients identify self-destructive thoughts that influence negative behaviors?
- a) Self-help model
  - b) Cognitive-behavior model
  - c) Problem-solving model
  - d) Integrated Social Work model
9. Which of the following roles of Social Work does not characterize the radical change model?
- a) To liaise source donor funding for humanitarian relief in disaster situations.
  - b) To organize collective action through political participatory action and community activity.
  - c) To advocate for justice and equality.
  - d) To empower clients to challenge the system, laws and policies.
10. In psychiatric Social Work, Social Work professionals are required to:
- a) Liaise with the Human Resources officers to ensure wellbeing of the organisation's staff.
  - b) Evaluate potential foster homes and monitor the foster home throughout the children's placement period.
  - c) Budget and manage finances to assure that the agency is in good financial standing.
  - d) None of the above.
11. Which of the following best describes the concept of self-realisation?
- a) The process by which Social Worker helps the client to know their self-worth.
  - b) The process of removing an individual from their problem(s) and helping them to see that they have power to change their life story.
  - c) The process by which one discovers oneself and becomes who one really is.
  - d) The Social Worker helps an individual to identify a problem, create an action plan to solve it and implement the solution.
12. In ethnic-sensitive Social Work, Social Workers should:
- a) Be aware of and seek to redress the oppression experienced by ethnic groups.
  - b) Become aware of culture and its pervasive influence.
  - c) Act as activists for gender equality, contesting such public issues as women's lack of political equality, and lack of access to certain social services.
  - d) Apply the problem-solving skills to assess and intervene with the problems confronting individuals, families, groups, organizations, and communities.
13. Which of the following is the main assumption of the social constructivist theory:

- a) Unconscious, as well as conscious mental activity serves as the motivating force in human behaviour.
- b) Early childhood experiences are central in the patterning of an individual's emotions, and therefore, central to problems of living throughout life.
- c) Individuals frequently use ego defence mechanisms to avoid becoming overwhelmed by internal and/or external demands.
- d) None of the above

14. At which level of Social Work practice is group work?

- a) Micro level
- b) Secondary level
- c) Mezzo level
- d) Macro level

15. What are the Social Work methods?

- a) Systematic approach for executing specific tasks
- b) Practice strategies that differentiate Social Work practice from other disciplines
- c) A general outlook from which Social Workers may approach each of the cases they work on
- d) A blueprint for action

16. Which concept is best described by the following statement?

An internal instability that begins in adolescence and lasts into early adulthood as humans strive to discover their role in society

- a) Self –discovery
- b) Self - determination
- c) Identity crisis
- d) Existentialism

17. Which of the following statements characterises the avoidance attachment?

- a) A tendency to maintain psychological and emotional distance from significant others.
- b) Consistent preference to be self-reliant and independent as opposed to being interdependent and emotionally close with others.
- c) A tendency to conceal feelings of distress and intimacy.
- d) All of the above.

18. Which of the following determine the functioning of the id?

- a) Instincts, Impulses, Reflexivity and Intuition

- b) Rationality, Consciousness, Reality and Socialisation
- c) Attention, Concentration, Learning and Memory
- d) Pleasure, Aggression, Mastery and Competence

19. Which defense mechanism is exhibited when an individual discharges hostility towards objects or people less dangerous than those who prompted the feeling?

- a) Regression
- b) Sublimation
- c) Displacement
- d) Denial

20. What is extraversion?

- a) A personality trait in which one is more comfortable with one-on-one or small group interactions as opposed to excessive social interactions.
- b) A personality trait used to define sociable people who thrive in dynamic environments and seek to maximize social engagements.
- c) A situation where one indulges into more than necessary social engagements.
- d) A way of thinking, feeling and behaving that deviates from societal norms and cultural expectations.

21. What is the main assumption of social learning theories?

- a) Human behavior is learned by observing and imitating others.
- b) Behavior is learned through social observation, however, whether one retains or discards the learned behavior is determined by the "behavioural reinforcement".
- c) All humans are inherently good. However, external forces can at times force people to behave in a wicked way.
- d) Personality traits adopted by each individual are determined by the views or beliefs that the individual has about him/ herself.

22. Which theory seeks to formulate a criterion by which clients may accomplish adaption or recovery from difficult circumstances?

- a) Cognitive Behavioural Theory
- b) Self- determination theory
- c) Resilience theory
- d) Maslow's hierarchy of needs

23. Which concept is used to define the process by which a person reaches their fullest potential?

- a) Self- actualization

- b) Self- conceptualization
- c) Self-fulfilling prophecy
- d) Self- regard

24. Which of the following is true for Social Workers who practice from an Eco-Systems perspective?

- a) The Social Worker seeks to identify, use, build, and reinforce the abilities and strengths that people have.
- b) The Social Worker uses the problem-solving skills to assess and attends to problems confronting individuals, families, groups, organizations, and communities.
- c) The Social Worker enhances people's functioning by addressing the gaps in availability and access to the resources and social support systems.
- d) The Social Worker use sheds own prejudices and stereotypes which may lead to bias in the proposed interventions.

25. In analytic psychology, archetypes are defined as:

- a) Primitive cognitive themes inherited from earliest human ancestors and supposedly present in the collective unconscious.
- b) Cultural misconceptions and stereotypes passed on through socialization.
- c) Conscious thoughts of our own behavior and feelings as well as the memories from early childhood experiences.
- d) All of the above

## SECTION B

**Instruction:** Answer any **TWO** questions.

1. What is your understanding of the following concepts?

- a) Self-actualisation [5]
- b) Behavioural reinforcement [5]
- c) Intellectualisation [5]
- d) Identity crisis [5]
- e) Self-regard [5]
- f) Archetypes [5]

2. Outline and discuss the implications of Systems Theory for Social Work practice with individuals, groups and communities.

3. The Psychodynamic theories holds that the unconscious mind determines most of our behavior. Discuss.

4. Outline and elaborate on any **FIVE** areas of specialization within the Social Work profession.

**THE NATIONAL UNIVERSITY OF LESOTHO BSW  
EXAMINATIONS**

**SW 3308: TRAUMA INFORMED SOCIAL WORK**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2 HRS 30 MIN**

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**INSTRUCTIONS:** Answer any **THREE** questions.  
Each question carries **25** marks

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1. Write short notes on the following:
  - a) Hazard
  - b) Risk
  - c) Crisis
  - d) Vulnerability
  - e) Post-Traumatic Stress Disorder
  
2. With reference to any disaster case of your choice, analyse the applicability of the Disaster Management Cycle.
  
3. Evaluate the impact of childhood trauma on adulthood functioning.
  
4. Using examples, examine the **FIVE** principles of trauma-informed care within a children's home setting.
  
5. Outline and elaborate on any **FIVE** roles of Social Workers in trauma-specific care.



**THE NATIONAL UNIVERSITY OF LESOTHO BSW  
EXAMINATIONS**

**SW 4302: SOCIO-ECONOMIC DEVELOPMENT**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2 HRS 30 MIN**

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**INSTRUCTIONS:** Answer any **THREE** questions.  
Each question carries **25** marks

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1. What is your understanding of the following concepts?

- a) Social Development (5 marks)
- b) Foreign Aid (5 marks)
- c) Underdevelopment (5 marks)
- d) Human Development Index (5 marks)
- e) Child and maternal mortality (5 marks)

2. The aims of Sustainable Development Goals (SDGs) are to eradicate poverty, to conserve and protect the planet and to ensure that by 2030 all people enjoy peace and prosperity.

Using examples, evaluate the progress made by any country of your choice in pursuit of any **FIVE** Sustainable Development Goals.

3. The global economy is predominantly characterized by Capitalist (market) and Socialist (centrally planned) mode of production. However, recently various countries are adopting features from both systems leading to the New World Economy which has a combination of both socialist and capitalist elements (Mixed Market Economy).

Using the above statement, describe the features of each of these **THREE** economic systems and recommend the most suitable system for your country.

4. Discuss the role of Social Workers in rural development.

5. Evaluate the relevance of Rostow's Theory of Modernisation in developing countries and recommend any measures for promoting development.



**THE NATIONAL UNIVERSITY OF LESOTHO BSW EXAMINATIONS**  
**SW 4303 – SOCIAL WORK AND LAW**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2 HRS 30 MIN**

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**INSTRUCTIONS:** Answer any **THREE** questions.  
Each question carries **25** marks

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1. Critically comment on psychosocial implications of Lesotho's legal dualism on protection of children of unmarried parents in Lesotho.
2. Assess the effectiveness of restorative justice for children in Lesotho citing its strengths and weaknesses.
3. Analyse whether the best interest of the child was upheld in the following cases and provide recommendations for promoting the best interest of the child within the justice system:
  - a. Makenete v Motanya
  - b. Mapetla v Leboela
4. A Social Worker is neither a judge nor a lawyer. Critically discuss the foregoing statement with reference to social workers' statutory functions pertaining to:
  - a. Juvenile Justice,
  - b. Custody,
  - c. Placement and removal of children from places of safety.
5. Write an analytic review of the Counter Domestic Violence Act, Number 12 of 2022.



**THE NATIONAL UNIVERSITY OF LESOTHO BSW EXAMINATIONS**  
**SW 4307- INTEGRATED SOCIAL WORK METHODS**

**JANUARY, 2024**

**MARKS: 75**

**TIME: 2 HRS 30 MIN**

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**INSTRUCTIONS:** Answer any **THREE** questions.

All questions carry **25** marks each.

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1. Discuss the relevance of the Integrated Psychosocial Intervention Model in preventing family disruption in Lesotho.
2. Analyse the contention that Intimate Partner Violence (IPV) is a social phenomenon which should be addressed at a socio-structural than family level.
3. Within the framework of the Socio-ecological Model (McLeroy *et al.*, 1988), analyse any **FIVE** psychosocial challenges faced by older persons citing possible interventions for protection of older persons in Africa.
4. Examine the psychosocial challenges faced by the Lesbian, Gay, Bisexual, Transgender, Queer and Intersex (LGBTQI) community in Lesotho and propose support services for them.
5. Unemployment in Lesotho is a manifestation of policy inefficiency rather than resource inadequacy. Discuss.

