



**NAMIBIA UNIVERSITY**  
**OF SCIENCE AND TECHNOLOGY**  
**FACULTY OF COMMERCE, HUMAN SCIENCES AND EDUCATION**

**DEPARTMENT OF TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING**

<b>QUALIFICATION: DIPLOMA IN TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING: TRAINER</b>	
<b>QUALIFICATION CODE: 06DTVT</b>	<b>LEVEL: 6</b>
<b>COURSE CODE: CCG620S</b>	<b>COURSE NAME: COUNSELLING AND CAREER GUIDANCE</b>
<b>SESSION: NOVEMBER 2024</b>	<b>PAPER: PAPER ONE (1)</b>
<b>DURATION: 3 HOURS</b>	<b>MARKS: 100</b>

<b>FIRST OPPORTUNITY EXAMINATION QUESTION PAPER</b>	
<b>EXAMINER(S)</b>	<b>Mrs. J. EISEB</b>
<b>MODERATOR:</b>	<b>Dr. M. TJIVIKUA</b>

<b>INSTRUCTIONS</b>
<ol style="list-style-type: none"><li>1. Answer all the questions.</li><li>2. Read all the questions carefully before answering.</li><li>3. Make sure your name, surname, date and question numbers, appear on the answer script.</li><li>4. Please ensure your writing is legible, neat, and presentable.</li><li>5. Start each question (1-9) on a clean page.</li></ol>

**THIS QUESTION PAPER CONSISTS OF 4 PAGES** (Including this front page)

**Question 1**

Mention any three (3) of the eight (8) purposes of guidance discussed in this course. [3x2=6]

**Question 2**

Mention three (3) different types of counselling. [3x2=6]

**Question 3**

List three (3) differences between guidance and counselling. [12]

Guidance	Counselling
3.1. (2)	3.2. (2)
3.3. (2)	3.4. (2)
3.5. (2)	3.6. (2)

**Question 4**

Read the following statements and indicate if they are true or false. [10x2=20]

- 4.1. The humanistic approach to psychology is the fourth force of psychology. (2)
- 4.2. Carl Rogers was the pioneer of the humanistic approach. (2)
- 4.3. Humanistic psychology views personality development as a growth process towards reaching your full potential. (2)
- 4.4. Person-centered counselling, developed by Carl Rogers, is a form of cognitive counselling. (2)
- 4.5. Person-centered counselling (PCC) holds that human beings are motivated to achieve self-actualisation. (2)
- 4.6. Although PCC has six conditions, its three core conditions are congruency, empathy, and unconditional positive regard (2)
- 4.7. The client-counsellor relationship places the client in the role of the expert and the counsellor as non-directive. (2)
- 4.8. In Gestalt counselling the counsellor is passive and awaits the client to lead. (2)
- 4.9. Active listening is an optional attribute for a good counsellor. (2)
- 4.10. A counsellor may refer a client to another professional when the client's needs are beyond the counsellor's scope of practice. (2)

**Question 5**

Answer all the questions based on the Cognitive Perspective. [2+3+2+4=11]

- 5.1. When did the cognitive approach become a dominant approach in psychology? (2)
- 5.2. Name three (3) reasons that led to the development of the cognitive approach. (3x1= 3)
- 5.3. Briefly define the cognitive approach (2)
- 5.4. How do the behavioural and cognitive learning theories differ from each other? (2 + 2= 4)

**Question 6**

Ellis first developed the ABC model and then added a section D, to form the RET. [3+2=5]

- 6.1. Briefly name the different parts of the ABC model. (3x1= 3)
- 6.2. Write the full name of the abbreviation RET. (2)

**Question 7**

Provide an example of Ellis' RET. List what will happen at each of the four stages. Number each section clearly, e.g. A, B, C and D and skip a line between each section. Use the mark allocation per section to guide the number of responses. [20]

- A. (3x1= 3)
- B. (3x1= 3)
- C. (3x2= 6)
- D. (4x2= 8)

**Question 8**

The ego uses a defence mechanism to protect the individual from being overwhelmed by anxiety, through denial of events. Below are various examples of defence mechanisms. Identify the type of defence mechanism. [6x2=12]

- 8.1. Being angry with your boss but screaming at the trainees. (2)
- 8.2. Refusing that you have a reading problem, despite being unable to read and interpret texts correctly. (2)
- 8.3. Claiming someone is annoyed with you but you are annoyed with that person. (2)
- 8.4. After failing his final grade 12 examination, George cannot sleep without his childhood favourite baby blanket. (2)
- 8.5. Being sad about a recent breakup, but acting happy about it. (2)
- 8.6. John failed his CWM test because he did not study but told everyone the lecturer never liked him. (2)

**Question 9**

Mention four (4) reasons why trainers should refer trainees for more professional assistance. [4x2= 8]

**THE END**