



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, Nnamdi Azikiwe Express Way, Jabi-Abuja.
Faculty of Education

POP EXAMINATION 2022_2

PROGRAMME: M.Ed. (Guidance and Counselling)

COURSE CODE: EGC 802

COURSE TITLE: COUNSELLING THEORIES

CREDIT UNIT(s): 2

TIME ALLOWED: 2 HOURS

INSTRUCTION: ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2) QUESTIONS

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Question 1

- a. Explain the meaning of the term *model* (5 marks).
- b. Highlight any five (5) major differences between model and theory (10 marks).
- c. Justify the use of Rational Emotive Therapy (RET) in tackling behavioural problems of adolescents in Nigeria (15 marks).

Question 2

Explain the main features of cognitive counselling theories that are commonly used in Nigerian schools (20 marks).

Question 3

Justify the application of Transactional Analysis in solving Nigerian problems (20 marks).

Question 4

Discuss the objectives and counselling processes of behavioural counselling theory of Krumboltz in handling adolescent problems in secondary schools (20 marks).