

National Open University of Nigeria  
Plot 91 Cadastral Zone, Nnamdi Azikiwe Express Way  
Jabi, Abuja  
Faculty of Education  
**2023\_2 EXAMINATIONS**

---

**Programme:** M.Ed (Guidance and Counselling)

**Course Code:** EGC802

**Course Title:** Counselling Theories

**Time:** 2Hours

**INSTRUCTIONS;** Answer question one and any other two questions.

**Question 1**

(a). Highlight any five (5) objectives of Bruner's Cognitive Developmental Theory of counselling (10 marks).

(b). State any five (5) counselling objectives as provided by the Trait/Factor Theory of counselling (10 marks).

(c). Write a brief note on the concept of theory (10 marks).

**Question 2**

(a). Give two premises upon which the Reality Therapy is hinged upon (4 marks)

(b). Discuss any four implications of Reality Therapy to counselling situations in Nigeria (16 marks).

**Question 3**

Justify the relevance of personality development theories in guidance and counselling (20 marks).

**Question 4**

Differentiate clearly between Sigmund Freud's personality theory and Alfred Adler's personality theory (20 marks).