



NATIONAL OPEN UNIVERSITY OF NIGERIA
PLOT 91, CADASTRAL ZONE, NNAMDI AZIKIWE EXPRESS WAY, JABI-ABUJA.
FACULTY OF EDUCATION
2025_2 EXAMINATIONS.

PROGRAMME: M.Ed.

COURSE CODE: EGC 802

COURSE TITLE: Counselling Theories

CREDIT UNIT(s): 2

TIME ALLOWED: 2 HOURS

INSTRUCTION: ANSWER THREE (3) QUESTIONS ONLY. QUESTION ONE (1) IS COMPULSORY.

Question 1

- (a) Discuss any five benefits that a counsellor will enjoy from counselling theories in the practice of his or her profession (10 marks).
- (b) Explain any five (5) coping strategies or defence mechanisms that could be applied as strategies to reduce or cope with anxiety challenges among teachers in a public secondary school in your local government area (20 marks).

Question 2

- (a). Explain the term personality (5 marks)
- (b). Discuss any five (5) main concerns of the sources emotional difficulties in man as explained by Seligman and Reichenberg in 2011 (15 marks).

Question 3

- (a) Discuss the major concern of the Gestalt theory of counselling (**10 marks**).
- (b) **Discuss** five (5) main objectives of Sorenson's Instructional Model of counselling (**10 marks**).

Question 4

Discuss Trait and factor theory of counselling under the following headings:

- (a) Counselling objectives (5 marks).
- (b) Counselling processes (15 marks).

Question 5

Highlight any ten (10) irrational and senseless ideas or beliefs that man displays through the ABC principle of Albert Ellis (20 marks).