



NATIONAL OPEN UNIVERSITY OF NIGERIA
PLOT 91 CADASTRAL ZONE NNAMDI AZIKIWE EXPRESSWAY JABI
FCT ABUJA
FACULTY OF EDUCATION
2025_2 EXAMINATIONS

COURSE CODE: EGC 804

COURSE TITLE: TECHNIQUES OF COUNSELLING

TIME ALLOWED: 2 HOURS

Attempt THREE Questions. Attempt question 1 and any other 2 questions

QUESTION 1

A.)There are certain characteristics that a counsellor needs to possess as a professional in order to excel in his chosen career, Mention and explain these basic characteristics of a professional Counsellor (20 marks)

B.

Discuss the three broad categories of counselling and Identify the theories under them(10 marks)

Total (30marks)

QUESTION 2

A.) Briefly discuss the following -Assertive Training, Aversiveness Conditioning and Questioning skills (15marks)

B.) Differentiate clearly between Cognitive behavior Therapy (CBT) and Gestalt theory of counseling. (5 marks)

Total (20marks)

Question three

A.

Counselling as a guidance service is classified into several areas of specialization. In a school setting, there are 4 of areas of counselling that are prevalent. Mention and explain these areas of counselling (10marks)

B.

Every profession has some code of conducts or ethics guiding them. Therefore, as a profession, counselling has some ethical considerations. Outline and explain ten of these ethics in counselling.(10marks)

Total (20marks)

QUESTION 4

A. Behaviour modification is the main goal of Counselling.

i) What do you understand by behaviour modification?(4marks)

ii) Discuss the steps involved in modifying a behaviour (6marks)

B.

Counselling techniques are so important in counselling relationships that no successful counselling can take place without employing Counselling techniques. Therefore, outline 10 purposes that Counselling techniques serve in counselling.

(10marks)

Total(20 marks)

QUESTION 5

A.

Information and Communication technology (ICT) as a technique of counselling can be effectively used to provide counselling services to different categories of clients though without some disadvantages. Discuss any 4 advantages and 8 disadvantages of using ICT technique of counselling in counselling relationships. (12marks)

B.

i)In counselling, there are basic principles which guide the profession. What do you understand by basic principles of counselling (2marks)

ii) Identify and discuss any 3 of these basic principles. (6marks)

Total (20marks)