



ALUPE UNIVERSITY
COLLEGE

Bastion of Knowledge...

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OFFICE OF THE DEPUTY PRINCIPAL
ACADEMICS, STUDENT AFFAIRS AND RESEARCH

UNIVERSITY EXAMINATIONS

2017 /2018 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER REGULAR EXAMINATION



**FOR THE DEGREE OF BACHELOR OF SCIENCE
(COUNSELING PSYCHOLOGY)**

COURSE CODE: SPC 120

**COURSE TITLE: CHILD AND ADOLESCENT
COUNSELING**

DATE: 23RD APRIL, 2018

TIME: 2 PM – 5 PM

INSTRUCTION TO CANDIDATES

- SEE INSIDE

THIS PAPER CONSISTS OF 3 PRINTED PAGES

PLEASE TURN OVER

SPC 120: CHILD AND ADOLESCENT COUNSELING

STREAM: BSc. CP

DURATION: 3 Hours

INSTRUCTIONS TO CANDIDATES

- i. Answer question **ONE** and any other **TWO** questions
- ii. Do not write on the question paper.

Question One

a) Define the following terms

- i. Child (2 Marks)
- ii. Adolescent (2 Marks)

b) Briefly explain FIVE reasons why it is important to counsel children and adolescents (5 Marks)

c) Counselors dealing with children may not deal with them as they would counsel adults. Discuss this statement in view of setting goals when counseling children (8 Marks)

d) Explain FIVE reasons why child - counselor relationship is an important component in counseling children (5 Marks)

e) With concrete examples describe FOUR attributes of a child counselor (8 Marks)

Question Two

a) Using examples describe FOUR skills that a counselor can employ while counseling children (8 Marks)

b) Explain four biological and three cognitive challenges that adolescents go through (7 Marks)

- c) Outline FIVE advantages of cognitive behaviour therapy CBT in child and adolescent counseling. (5Marks)

Question Three

- a) Describe Jean Piaget's Theory of child development. (10 Marks)
- b) Account for psychological disturbance and psychopathology in children and adolescents. (10 Marks)

Question Four

- a) If childhood experiences are not resolved they may interfere with a young person's ability to deal adaptively with adolescent tasks. Discuss this statement in reference to early attachment problems, effects of abuse and effects of trauma. (12 Marks)
- b) Explain FOUR importance of group therapy in counseling adolescents. (8 Marks)



Question Five

- a) 'Art and role play are two creative strategies that can be used in counseling adolescents'. Discuss these two concepts and how they can be used. (10 Marks)
- b) Explain FIVE reasons why a therapist should use the skill of "replacing negative talk" when counseling an adolescent. (10 Marks)
