



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 121

COURSE TITLE: EMOTIONS IN COUNSELING

DATE: 27TH APRIL, 2018

TIME: 9 AM – 12 PM

INSTRUCTION TO CANDIDATES

- SEE INSIDE

THIS PAPER CONSISTS OF 3 PRINTED PAGES

PLEASE TURN OVER

SPC 121: EMOTIONS IN 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) Explain what you understand by the term emotions. (5 Marks)
- b) Briefly describe FIVE categories of human emotions. (5 Marks)
- c) Explain THREE aims of counseling in helping people deal with and change their feelings. (6 Marks)
- d) Emotions are part of mans physical and survival system. Discuss this statement highlighting influence of emotions in life. (10 Marks)
- e) Identify FOUR counseling techniques a counselor can use on clients who cannot cope with their feelings. (4 Marks)

Question Two

- a) Emotions are part and parcel of cultures. Explain how cultures influence the experience and expression of emotions. (10 Marks)
- b) When emotions are experienced they are expressed in a specific way. Briefly describe FIVE ways in which emotions are expressed. (10 Marks)

Question Three

- a) Briefly describe Cannon-Bard's Theory of emotions. (8 Marks)
- b) Imagine a situation where a friend angers you to the point when you want to fight. How can you regulate your emotions? (6 Marks)
- c) Emotions bottled up are detrimental to an individual's life .Discuss this statement pointing out THREE effects of suppressing emotions. (8 Marks)

Question Four

- a) Explain why cognitions form a basis for emotions. (10 Marks)
- b) Using the Humanistic approach to therapy, explain FIVE general ways in which a counselor can help a client access and explore their feelings. (10 Marks)

Question Five

- a) Explain FOUR reasons why exploration of self – awareness is important for a client in counseling process. (8 Marks)
- b) Describe THREE ways in which a client can manage their thoughts and feelings. (6 Marks)
- c) Highlight the main elements in the adaptation-level principle of emotions. (6 Marks)
