NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, Nnamdi Azikiwe Express Way, Jabi-Abuja.
Faculty of Education

2021_1 EXAMINATIONS

PROGRAMME: M.Ed. (Guidance and Counselling)
COURSE CODE: EGC 802
COURSE TITLE: COUNSELLING THEORIES
CREDIT UNIT(s): 2
TIME ALLOWED: 2 HOURS
INSTRUCTION: ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2) QUESTIONS

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Question 1

a. Explain the meaning of the term *model* (5 marks).
b. Highlight any five (5) major differences between model and theory (10 marks).
c. Justify the use of Rational Emotive Therapy (RET) in tackling behavioural problems of adolescents in Nigeria (15 marks).

Question 2

Explain the main features of cognitive counselling theories that are commonly used in Nigerian schools (20 marks).

Question 3

Justify the application of Transactional Analysis in solving Nigerian problems (20 marks).

Question 4

Discuss the objectives and counselling processes of behavioural counselling theory of Krumboltz in handling adolescent problems in secondary schools (20 marks).