



National Open University of Nigeria  
Plot 91 Cadastral Zone, Nnamdi Azikiwe Express Way  
Jabi, Abuja  
Faculty of Education  
**2023\_1 POP EXAMINATION**

**Programme:** M.Ed (Guidance and Counselling)

**Course Code:** EGC802

**Course Title:** Counselling Theories

Time: 2Hours

**INSTRUCTIONS;** Answer question one and any other two questions.

#### Question 1

- (a). Briefly explain the meaning of *counselling theory* (5 marks).
- (b). Differentiate clearly between a theory and a model (15 marks).
- (c). Highlight any five benefits of counselling theories to a practicing counsellor in a secondary school (10 marks).

#### Question 2

- (a). Sequentially highlight the first five (5) stages or steps in choosing and applying various counselling techniques of Trait and Factor theory of counselling (10 marks).
- (b). Discuss the counselling implications of Trait and Factor theory of counselling in Nigerian situation (10 marks).

#### Question 3

Explain how a student who cheats in examinations can be counselled using the Rational Emotive theory of Albert Ellis (20 marks).

#### Question 4

- (a). Mention any five behavioural counselling theories (5 marks).
- (b). Discuss any five (5) characteristics of counselling theories (15 marks).