

National Open University of Nigeria
Plot 91 Cadastral Zone, Nnamdi Azikiwe Express Way
Jabi, Abuja
Faculty of Education
2023_2 EXAMINATIONS

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). Highlight any five (5) objectives of Bruner's Cognitive Developmental Theory of counselling (10 marks).

(b). State any five (5) counselling objectives as provided by the Trait/Factor Theory of counselling (10 marks).

(c). Write a brief note on the concept of theory (10 marks).

Question 2

(a). Give two premises upon which the Reality Therapy is hinged upon (4 marks)

(b). Discuss any four implications of Reality Therapy to counselling situations in Nigeria (16 marks).

Question 3

Justify the relevance of personality development theories in guidance and counselling (20 marks).

Question 4

Differentiate clearly between Sigmund Freud's personality theory and Alfred Adler's personality theory (20 marks).