



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, Nnamdi Azikwe Express Way, Jabi, Abuja
Faculty of Education
2020_1 Semester

PROGRAMME: M.ED.

COURSE TITLE: COUNSELLING THEORIES

COURSE CODE: EGC802

CREDIT UNIT(s): 2

TIME ALLOWED: 2 HOURS

INSTRUCTION: Answer question no. One (1) and any other two (2) questions

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Question 1

- a. William Glasser's reality therapy rests on the central idea that man chooses his behaviour and accounts for not only what he is doing but also for how he thinks. Explain the Nature of man according to reality therapists. **10 marks**
 - b. Discuss how reality therapy can be used in handling Nigerian youths who are identified to be hemp smokers. **10 marks**
 - c. Highlight 5 advantages and disadvantages of reality therapy. **10 marks**
- (Total marks Q1 = 30 marks)**

Question 2

- a. What are the objectives and methods of counselling as propounded by Trait and Factor theory **10 marks**
 - b. Differentiate between a theory and a model. **10 marks**
- (Total marks Q2 = 20 marks)**

Question 3

- a. Discuss Bruners' theory of cognitive development. **10marks**
 - b. List any five (5) objectives of Bruners cognitive development theory. **10marks**
- (Total marks Q3 = 20 marks)**

Question 4

Compare the Psychoanalytic theory with the Alfred Adler's Individual Psychology theory
20 marks

(Total marks Q4 = 20 marks)