SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

UNIT CODE/NAME: BCP 124: LIFE SKILLS IN COUNSELING

January – April 2018/2019 End Semester Exam - Time: 2 Hours

Instructions: Answer Question ONE (Compulsory) and any other TWO questions.

QUESTION ONE

(a) Explain briefly the meaning of the following terms.

(i)	Life skills	**(3 marks)**
(ii)	Self-awareness	**(3 marks)**
(iii)	Self-concept	**(3 marks)**
(iv)	Self-esteem	**(3 marks)**
(v)	Attitude	**(3 marks)**

(b) Discuss briefly how this course unit has helped you to be a good and an effective counselor. **(8 marks)**

(c) Analyze briefly the meaning of personality awareness. **(7 marks)**

QUESTION TWO

(a) Show the importance of Johari Window Model in self awareness. **(10 marks)**

(b) Explain briefly the meaning of effective communication. **(5 marks)**

QUESTION THREE

(a) Elaborate briefly the implication of the following;

(i)	Negotiation skills	**(5 marks)**
(ii)	Conflict resolution skills	**(5 marks)**
(iii)	Assertiveness	**(5 marks)**

QUESTION FOUR

(a) Discuss briefly how you can build social responsibility in a client / counselee **(8 marks)**

(b) Explain briefly the importance of creative thinking in life skills education. **(7 marks)**

QUESTION FIVE

(a) Show how life skills help one to live well with others. **(8 marks)**

(b) Analyze briefly how life skills assists one to manage emotions (stress management) **(7 marks)**