



NATIONAL OPEN UNIVERSITY OF NIGERIA
PLOT 91, CADASTRAL ZONE, NNAMDI AZIKIWE EXPRESSWAY, JABI-ABUJA.
FACULTY OF EDUCATION
2025_2 EXAMINATIONS_

PROGRAMME: M. ED

DEPARTMENT: Educational Foundations

COURSE CODE: EGC 804

COURSE TITLE: Teaching of Counselling

CREDIT UNIT(s): 2

TIME ALLOWED: 2 HOURS

INSTRUCTION: ANSWER THREE (3) QUESTIONS ONLY. QUESTION ONE (1) IS COMPULSORY.

1. They are several types of counselling techniques based on various counselling theories that counsellors can use to assist their clients in solving their problems. Discuss the following techniques of counselling:
 - a. Systematic desensitization
 - b. Assertive training
 - c. Confrontation Techniques (30marks)
2. What do you consider to be the advantages and disadvantages of interview skills? Support your argument with five points each. (20 marks)
3. Levenberg and Elser (1995) stated that counselling techniques help to ensure good communication with young people during counselling sessions. Based on the above, state any ten (10) characteristics of the counselling technique. (20marks)
4. Explain five ways through which a school counsellor can teach his students self-control as a principle in behaviour modification (20marks)