

**NATIONAL UNIVERSITY OF LESOTHO**  
**B.ED DEGREE IN ADULT EDUCATION**  
**SUPPLEMENTARY EXAMINATIONS**  
**ADE 110: INTRODUCTION TO GUIDANCE AND COUNSELLING**

**JULY 2009**

**MARKS: 70**

**TIME: 3HRS**

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**INSTRUCTIONS:**

**Answer question one and three others.**

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### **QUESTION 1**

Identify and describe three counseling theories that would be instrumental in improving inter-personal relations at your work place. [25]

### **QUESTION 2**

Explain how you can utilize the indigenous approach of counseling at your work place. Suggest how you would modify it to suit your purpose. [15]

### **QUESTION 3**

Identify three main components of counseling explain how you would introduce them at your work place. [15]

### **QUESTION 4**

Define the following terms and indicate how applicable they are in counseling services.

- (a) Extinction
- (b) Negative reinforcers
- (c) Immediacy
- (d) Concreteness
- (e) Imitative learning.

[15]

### **QUESTION 5**

How has migration from rural homes to urban areas affected the family structure, living environment, personality development and the Basotho culture. [15]