

**The Open University of Tanzania**

**Faculty of Education**

**OED 305: Principles of Guidance and Counselling**

**First Assignment 20008/2009**

INSTRUCTIONS:

- This paper consists of two questions
  - Answer only one question
  - Write your essay legibly, avoid rough writing
  - Hand in your work on or before **15<sup>th</sup> December, 2008**
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1. Describe the following concepts:

- Psychology
- Guidance
- Counselling
- Therapy

2. Mention and explain three theories of Counselling.

3. Arbuckle et al (1966) mentioned three elements of guidance. List and discuss with aid of specific examples.

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**OED 305: Principles of Guidance and Counselling**

**Assignment Two 2008**

Instructions:

- This paper consists of three questions
  - Answer only one question
  - Hand in your work on/or before **30<sup>th</sup> March, 2009**
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1. Mention and describe with examples eight qualities of a good counsellor.
2. Several circumstances might dictate a counsellor to refer a client to another counsellor. Discuss
3. List and discuss five factors that influence one's career development.