

**COVENANT UNIVERSITY  
NIGERIA**

*TUTORIAL KIT  
OMEGA SEMESTER*

**PROGRAMME: PSYCHOLOGY**

**COURSE: PSY 126**

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## **PSY 126: TUTORIAL QUESTIONS**

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1. Guidance, Counselling and Psychotherapy are three terms that are often misused. Give vivid definition of each term and their differences.
2. State and explain personal attribute of a counsellor and how they are important to counselling
3. Every profession is guided by certain principles, what are the main principles guiding the implementation of Guidance and Counselling in Nigeria?
4. Explain comprehensively with example(s) of the following terms and their importance.
  - a. Paraphrasing
5. Responding
6. Summarizing
7. Immediacy
8. Questioning
9. Self disclosing
10. Self-identity paradigm.