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
   b. Responding
   c. Summarizing
   d. Immediacy
   e. Questioning
   f. Self disclosing
   g. Self-identity paradigm.