



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

INSTITUTION BASED PROGRAMME

DECEMBER SESSION EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE

HLR 502: LEISURE COUNSELING & CHANGE MANAGEMENT

DATE: Tuesday 2nd May, 2012

TIME: 2.00 p.m. – 5.00 p.m.

INSTRUCTIONS

Answer any THREE (3) questions.

Answer each question in a separate booklet.

1. Use the three stage general counseling model to show how you would counsel an individual who presents with the complaint of being stressed all the time. [23.3 marks]
2. Expound on the personal characteristics that are expected of an effective leisure counselor. [23.3 marks]
3. Analyze the therapeutic techniques applied in the counseling process. [23.3 marks]
4.
 - a) Expound on the change processes that individuals engage in when they attempt to modify problem behaviours. [15 marks]
 - b) Elaborate on the counseling tasks that a leisure counselor should undertake while helping a client. [9 marks]
5.
 - a) Elaborate on the factors that affect the decision of selecting change strategies. [14 marks]
 - b) Analyse the skills required in managing changes that are encountered by and instituted within organizations. [10 marks]

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