



COLLEGE OF SOCIAL SCIENCES, THEOLOGY, HUMANITIES & EDUCATION

**NHSW 208: APPLIED SOCIAL WORK WITH INDIVIDUALS AND
FAMILIES**

END OF SECOND SEMESTER EXAMINATIONS

APRIL/MAY 2026

LECTURER: DR B.K. CHIKWAIWA

DURATION: 3 HOURS

INSTRUCTIONS

1. This paper contains **ONE** section.
2. Answer **ANY THREE** questions.
3. All questions carry equal marks.
4. Start each question on a new page in your booklet.

Question 1

A social worker is assessing a family with a child having behavioural issues in an African country of your choice. Show how a Social worker applies ecological systems theory in their assessment. **[100 Marks]**

Question 2

A Zimbabwean client is hesitant to engage in counseling due to stigma about mental health in their community. Illustrate how a Social Worker would address engagement and build rapport. **[100 Marks]**

Question 3

An African client is experiencing anxiety due to economic stress. Demonstrate how a Social Caseworker would apply cognitive-behavioral therapy (CBT) in his/her intervention. **[100 Marks]**

Question 4

Show how a Social Caseworker would promote resilience in an individual facing family stress. **[100 Marks]**

Question 5

An African family is experiencing conflict due to differing parenting styles. Illustrate how a Social Caseworker would apply structural family therapy to help the family. **[100 Marks]**