

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)  
BSc DEGREE EXAMINATION MAY 2018  
(Sixth Semester)

Branch – PSYCHOLOGY

**FUNDAMENTALS OF COUNSELLING**

Time : Three Hours

Maximum : 75 Marks

**SECTION-A (20 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks (10 x 2 = 20)

- 1 Differentiate counselling from psychotherapy.
- 2 State any two goals of guidance.
- 3 Give examples for directive and non-directive counselling.
- 4 What is the primary goal of pre-marital counselling?
- 5 What is counter – Conditioning?
- 6 What is 'Free Association'?
- 7 Define aptitude.
- 8 Name any two uses of Anecdotal records.
- 9 List a few skills of attention.
- 10 Differentiate open-ended from closed questions.

**SECTION - B (25 Marks)**

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 5 = 25)

- 11 a Highlight the need for guidance and counseling.  
OR  
b How is the problem identified and explored in counselling?
- 12 a Write a short note on eclectic counseling.  
OR  
b What are the aims of group counseling?
- 13 a What are the applications of behavioural theory?  
OR  
b Explain Wolpe's reciprocal inhibition technique.
- 14 a Bring out the need for psychological tests.  
OR  
b Describe an intelligence test and an achievement test.
- 15 a How is the internal frame of reference understood?  
OR  
b Explain the skills of paraphrasing and reflecting feelings.

**SECTION - C (30 Marks)**

Answer any THREE Questions

ALL Questions Carry EQUAL Marks (3 x 10 = 30)

- 16 Discuss the areas of guidance and counseling.
- 17 Elaborate the process of group counseling.
- 18 Explain the group assessment techniques.
- 19 Compare and contrast the cognitive theory with the humanistic theory.
- 20 How can the client's perception be improved and trained in relaxation?

Z-Z-Z

END