

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION DECEMBER 2024
(Fifth Semester)

Branch – PSYCHOLOGY

FUNDAMENTALS OF COUNSELLING

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

1. Why is it important to build a good relationship in counseling?
 - a) To help the client feel safe and share their problems
 - b) To know the client's financial status
 - c) To plan the client's daily routine
 - d) To choose hobbies for the client
2. What is Eclectic Counseling?
 - a) A type of counseling that only uses one method
 - b) A combined counseling method
 - c) Counseling that involves large groups
 - d) Counseling that always follows strict rules
3. What is the goal of Cognitive Counseling?
 - a) To change negative thoughts and beliefs
 - b) To understand the client's unconscious thoughts
 - c) To assess the client's intelligence
 - d) To focus on the client's behaviors only
4. What is a cumulative record card used for in counseling?
 - a) To see how social the client is
 - b) To measure the client's daily performance
 - c) To keep track of the client's testing results
 - d) To test the client's emotional responses
5. What is a sign of a good counselor?
 - a) Asking many questions quickly
 - b) Talking most of the time during sessions
 - c) Avoiding giving feedback
 - d) Helping the client challenge negative thoughts

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

6. a) Describe the process of group formation in group counseling.
OR
b) Explain the aims of pre-marital counseling.

Cont...

7. a) Analyze how psychoanalytic therapy influences counselling outcomes.

OR

- b) Discuss the benefits of Logo therapy.

8. a) Compare the use of anecdotes and cumulative records in appraisal.

OR

- b) Outline how sociometry is used in group assessment.

9. a) Define Social Distance Scales and their use in counseling.

OR

- b) Discuss how autobiography assessment technique in counseling.

10. a) Discuss how a counselor offers challenges and feedback to clients.

OR

- b) Explain the process of improving a client's perception in counseling.

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 x 6 = 30)

11. a) Discuss the ethical considerations in maintaining client's records.

OR

- b) Justify the use of intelligence tests in educational counselling.

12. a) Differentiate between Cognitive and Behavioural therapy techniques.

OR

- b) Elucidate the role of humanistic approaches in modern counselling practices.

13. a) Survey the types of problems addressed in problem-solving activities in counselling.

OR

- b) Enumerate the steps involved in the problem-solving cycle.

14. a) Explain the role of psychological testing in counseling. Discuss how intelligence and aptitude tests helps in effective counseling plan.

OR

- b) Critically evaluate the uses of appraisal techniques such as rating scales and anecdotal records in understanding a client's background and progress during counselling?

15. a) Identify and explain five essential counsellor skills for effective counseling. How do these skills impact the counselor-client relationship?

OR

- b) Discuss the importance of understanding a client's internal frame of reference. How can this understanding enhance the effectiveness of counseling sessions?

Z-Z-Z

END