

**PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)**

**BSc DEGREE EXAMINATION DECEMBER 2025**  
**(Fifth Semester)**

## Branch - PSYCHOLOGY

## **FUNDAMENTALS OF COUNSELLING**

Time: Three Hours

**Maximum: 75 Marks**

**SECTION-A (10 Marks)**

**Answer ALL questions**

**ALL** questions carry **EQUAL** marks.

$$(10 \times 1 = 10)$$

Module No.	Question No.	Question	K Level	CO
1	1	What is the main goal of counselling? a) To provide medication b) To help individuals resolve personal problems c) To conduct research d) To enforce discipline	K1	CO1
	2	Which area is NOT a typical domain for guidance and counselling? a) Educational b) Agricultural c) Vocational d) Personal	K2	CO1
2	3	Which counselling type involves a mixture of directive and non-directive techniques? a) Directive counselling b) Non-directive counselling c) Eclectic counselling d) Psychoanalytic counselling	K1	CO2
	4	What is a key aim of group counselling? a) Replace individual therapy b) Promote interpersonal learning and support c) Implement disciplinary actions d) Provide medication	K2	CO2
3	5	Which theory is associated with reciprocal inhibition technique? a) Psychoanalytic b) Cognitive c) Behavioural d) Humanistic	K1	CO3
	6	Who developed Logo therapy? a) Carl Rogers b) Viktor Frankl c) B.F. Skinner d) Albert Ellis	K2	CO3
4	7	What is the primary use of achievement tests in counselling? a) Personality assessment b) Intelligence measurement c) Measure proficiency or skill in a specific area d) Emotional intelligence testing	K1	CO4
	8	What does sociometry measure? a) Social relationships within groups b) Intelligence levels c) Emotional stability d) Vocational interests	K2	CO4
5	9	Which skill involves reflecting a client's feelings back to them? a) Empathetic responding b) Questioning c) Diagnosing d) Advising	K1	CO5
	10	Which is a quality of a good counselor? a) Authoritativeness b) Empathy c) Strictness d) Indifference	K2	CO5

Cont.

**SECTION - B (35 Marks)**

Answer ALL questions

**ALL** questions carry **EQUAL** Marks  $(5 \times 7 = 35)$ 

Module No.	Question No.	Question	K Level	CO
1	11.a.	Explain the counselling process, from relationship establishment to termination.  (OR)	K3	CO1
	11.b.	Demonstrate the importance of counselling in vocational guidance.		
2	12.a.	Apply the group process steps in group counselling, with examples.  (OR)	K3	CO2
	12.b.	Illustrate the use of premarital counselling in solving marriage issues.		
3	13.a.	Demonstrate the core principles of cognitive counselling therapy  (OR)	K5	CO3
	13.b.	Appraise the effectiveness of humanistic therapy in modern counselling practice.		
4	14.a.	Explain the different types of psychological assessment measures used in counselling.  (OR)	K2	CO5
	14.b.	Outline how sociometry and social distance scales can be applied for group assessment.		
5	15.a.	Discuss the importance of paraphrasing and feedback in counselling sessions.  (OR)	K2	CO4
	15.b.	Explain the qualities needed to train a client in relaxation techniques.		

**SECTION - C (30 Marks)**

Answer ANY THREE questions

**ALL** questions carry **EQUAL** Marks  $(3 \times 10 = 30)$ 

Module No.	Question No.	Question	K Level	CO
1	16	Demonstrate understanding of the complete counselling process and examine its impact on client outcomes.	K3	CO1
2	17	Relate and analyze the steps and challenges in organizing and conducting group counselling sessions, including member selection and process management.	K3	CO2
3	18	Critically assess the contribution of behavioral and cognitive theories to modern counselling practices, with relevant examples.	K5	CO3
4	19	Demonstrate knowledge of psychological assessment techniques, highlighting the uses and limitations of different measures for individual and group counselling.	K2	CO5
5	20	Explain and evaluate the essential counselling skills and qualities that contribute to effective practice across different counselling settings.	K2	CO4