

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2026
(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 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Identify the first step in the counselling process i) Case history taking ii) Rapport building iii) Problem identification iv) Exploring alternatives	K1	CO1
	2	Which of the following area of guidance that focuses on emotional and interpersonal issues? i) Family ii) Career iii) Personal iv) Peer	K2	CO1
2	3	E.G. Williamson is known as the chief proponent of which counselling type? i) Directive ii) Non-directive iii) Eclectic iv) Passive	K1	CO2
	4	In the counselling process the counsellor selected best techniques from various theories to suit the client. Which type of counselling is used in this counselling process? i) Client centered ii) Directive only iii) Non-directive only iv) Both directive & non-directive	K2	CO2
3	5	According to Frankl, what is the "meaning triangle" or three ways to find meaning in life? i) Work, love, suffering ii) Creativity, experience, attitude iii) Pleasure, power, purpose iv) Past, present, future	K1	CO3
	6	A common theme in the work and writing of Carl Roger is a basic sense of trust in the client's ability to move forward in a constructive manner if: i) The client is motivated ii) The client can see their dysfunctional pattern iii) Appropriate conditions fostering growth are present iv) The therapist is sufficiently skilled	K2	CO3
4	7	Find out the non-verbal intelligence test frequently used in counselling settings: i) WAPIS ii) Malin's intelligence scale iii) SPM iv) Seguin form board test	K1	CO4
	8	Identify the ODD one out with regard to the focus of anecdotal records in counselling: i) Factual descriptions rather than interpretations ii) Highlighting critical moments iii) Emotional reactions to aid in tailored intervention iv) Maintaining a comprehensive record of a client	K2	CO4

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5	9	Active listening in counselling requires the counsellor to: i) Focus only on verbal communication ii) Interrupt frequently to offer solutions iii) Pay attention to both verbal and non-verbal cues iv) Offer personal advice based on personal experience	K1	CO5
	10	During the counselling process the counsellor asked the client "You feel overwhelmed by your workload, is that correct?" is an example of which of the following skill? i) Reflection of feeling ii) Summarizing iii) Questioning iv) Structuring	K2	CO5

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Analyze the goal and objectives of guidance and counselling	K3	CO1
		(OR)		
	11.b.	Differentiate the three areas of guidance and counselling		
2	12.a.	Examine the need and importance of premarital and marital counselling	K3	CO2
		(OR)		
	12.b.	Apply group counselling procedures in alcohol de-addiction		
3	13.a.	Critically evaluate the behavior therapy and counselling	K5	CO3
		(OR)		
	13.b.	"Exploring repressed unconscious thoughts, feelings and past experiences, especially childhood, are important to understand current behavior patterns and emotional difficulties" – Justify		
4	14.a.	List out and explain the appraisal techniques used in the counselling settings	K4	CO4
		(OR)		
	14.b.	Examine the need for different group assessment techniques in the counselling setting		
5	15.a.	Classify the techniques used to improve client's self-talk and their perception	K4	CO5
		(OR)		
	15.b.	Analyze the qualities of a good counsellor		

SECTION - C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks (3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Elaborate the stages and process of counselling	K4	CO1
2	17	Compare and contrast directive, non-directive, and eclectic counselling	K4	CO2
3	18	Criticize the cognitive and humanistic therapy from your own perspective	K5	CO3
4	19	Categorize the various types of psychological tests used in the counselling setting	K4	CO4
5	20	Explain the specific counselling skills with appropriate examples.	K5	CO5