

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION MAY 2026
(Sixth Semester)

Branch – PSYCHOLOGY

FUNDAMENTALS OF COUSSELLING

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

1. A student understands available career options but is unable to choose one due to internal conflict. This situation indicates a need for
(i) Guidance (ii) Counselling (iii) Evaluation (iv) Testing
2. Which stage of the counselling process focuses on understanding the client's experiences, emotions, and perspectives?
(i) Termination (ii) Exploration (iii) Follow-up (iv) Advice
3. In non-directive counselling, the counsellor primarily acts as a
(i) Decision-maker (ii) Facilitator (iii) Authority figure (iv) Instructor
4. Systematic desensitization as a therapeutic technique is associated with
(i) Psychoanalytic therapy (ii) Behaviour therapy
(iii) Humanistic therapy (iv) Eclectic counselling
5. Sociometry is mainly used to analyse
(i) Intelligence level (ii) Academic achievement
(iii) Interpersonal relationships within a group (iv) Personality traits

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a. Explain the need for guidance in educational settings.
OR
b. Outline the major stages in the counselling process.
- 7 a. Differentiate directive and non-directive counselling.
OR
b. State the aims and significance of group counselling.
- 8 a. Explain the basic assumptions of psychoanalytic theory.
OR
b. Briefly describe cognitive therapy in counselling.
- 9 a. What is psychological testing? Explain its importance in counselling.
OR
b. Explain sociometry and its uses in group assessment.
- 10 a. Explain paraphrasing and reflecting feelings as counselling skills.
OR
b. Discuss any three essential qualities of an effective counsellor.

Cont...

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a. Explain the principles, goals, and major areas of guidance and counselling.
OR
b. Discuss the counselling process in detail with suitable examples.
- 12 a. Explain the different types of counselling and their applications.
OR
b. Describe the process, advantages, and limitations of group counselling.
- 13 a. Compare psychoanalytic, behavioural, and cognitive approaches to counselling.
OR
b. Explain humanistic therapy and logotherapy in counselling practice.
- 14 a. Describe the various psychological tests used in counselling and their applications.
OR
b. Discuss appraisal techniques such as rating scales and sociometry.
- 15 a. Explain the core counselling skills required for effective helping.
OR
b. Discuss techniques used to improve client perception and relaxation training.

Z-Z-Z

END