

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

**BSc DEGREE EXAMINATION MAY 2019
(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

(1 0 x 2 = 20)

- 1 What is counseling?
- 2 What is unconditional positive regard?
- 3 What is eclectic counseling?
- 4 List 4 aims of premarital counseling.
- 5 What are schemas?
- 6 What are exposure therapies?
- 7 What is a psychological test?
- 8 Write on cumulative record cards.
- 9 Write on improving clients' self-talk.
- 10 What is probing?

SECTION - B (25 Marks)

Answer **ALL** Questions

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

- 11 a Write on the importance of vocational counseling.
OR
b What are the goals of counseling?
- 12 a Compare and contrast directive and non-directive counseling.
OR
b Examine the benefits of group counseling.
- 13 a Give an account of Ellis' A-B-C theory.
OR
b Write on the assumptions of Roger's humanistic therapy.
- 14 a Examine the various uses of aptitude tests.
OR
b Critically evaluate the uses of sociometry.
- 15 a What are the skills that will enable a counslor to understand the clients internal frame of reference.
OR
b Write on the skill of monitoring and asking questions.

SECTION - C (30 Marks)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks (3 x 1 0 = 30)

- 16 Give a detailed account of the counseling process.
- 17 Examine the uses of marriage and family counseling.
- 18 Give a detailed account of the steps involved in systematic desensitization, as outlined by Volpe.
- 19 Give a detailed account of the various personality tests and their uses.
- 20 Give a detailed account on the different techniques used to train client in