

FUNDAMENTALS OF COUNSELLING

Time : Three Hours.

Maximum : 75 Marks

SECTION-A (20 Marks)

Answer ALL questions .

ALL questions carry EQUAL marks (10x2 = 20)

- 1 "• Define counselling.
- 2 What is problem solving?
- 3 Write any two features of marriage.
- 4 What is a group?
- 5 Draw the structure of personality. \*
- 6 Differentiate classical conditioning and operant conditioning.
- 7 What is a psychological test?
- 8 Define sociometry.
- 9 Compare attention and interest.
- 10 Give the meaning of monitoring.

SECTION - B (25 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5x5 = 25)

- 11 a Bring out the need for guidance and counselling.  
OR  
b State the steps in problem solving.
- 12 a Differentiate directive counselling and non directive counselling.  
OR  
b, How are group members selected in group counselling? \*
- 13 a Write a short note on logo therapy.  
OR  
b Give an account of the key features of cognitive behaviour therapy. \*
- 14 a Identify the need for psychological tests.  
OR  
b Enumerate any five personality tests.
- 15 a Enlist die qualities of a good counselor.  
OR  
b Li\$t out the importance of counselling skills.

SECTION - C (30 Marks)

Answer any THREE Questions

■ . ALL Questions Carry EQUAL Marks (3 x 10 = 30)

- 16 Describe the counselling process in detail.
- 17 Highlight the group process in detail.
- 18 Discuss the various appraisal techniques.
- 19 Explain the humanistic therapy in the practice of counselling.
- 20 Give suggestions to improve client's self-talk and .perception during counselling.\*