

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION MAY 2024
(Sixth Semester)
Branch - PSYCHOLOGY
FUNDAMENTALS OF COUNSELLING

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

- 1 _____ is a process of helping every individual the discover and develop their potential for personal happiness and well being.
(i) Guidance (ii) Psychology
(iii) Advice (iv) Suggestion
- 2 A mix of directive and non-directive techniques that are used depending on the client's situation is _____
(i) Counselling (ii) Non-directive counselling
(iii) Directive counselling (iv) Eclective counselling
- 3 According to _____ theory, our unconscious forces influence our conscious behaviour.
(i) Cognitive (ii) Psychoanalytic
(iii) Humanistic (iv) Behavioural
- 4 The scientific measurement of social relationships in groups.
(i) Psychological Test (ii) Psychometry
(iii) Sociometry (iv) Sociological Assessment
- 5 Acting on our own thoughts and feelings
(i) Internal frame reference (ii) External frame of reference
(iii) Auto suggestion (iv) Self hypnosis

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a Compare guidance and counselling.
OR
b How is rapport building done in counselling?
- 7 a Contrast directive and non-directive counselling.
OR
b When should the counselling be terminated?
- 8 a Explain CBT.
OR
b What is reciprocal inhibition?
- 9 a Discuss the need for psychological tests.
OR
b Explain autobiography.
- 10 a Explain the purpose of paraphrasing with an example.
OR
b Discuss the importance of self-talk.

Cont...

SECTION -C (30 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** Marks

(5 x 6 = 30)

- 11 a Analyse the challenges faced by the counsellor in the counseling process.
OR
b Discuss the areas of guidance and counselling.
- 12 a Elaborate the types of counselling with example.
OR
b Evaluate the need for pre-marital counselling.
- 13 a Illustrate the role of reinforcements in behavioural counselling.
OR
b Differentiate Psychoanalytic and Humanistic Counselling.
- 14 a Enumerate the types of psychological tests.
OR
b Evaluate appraisal techniques.
- 15 a Analyse the skills required for counselling.
OR
b Enumerate the qualities of a good counsellor.

Z-Z-Z

END