

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2022
(Sixth Semester)

Branch – PSYCHOLOGY

FUNDAMENTALS OF COUNSELING

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 x 1 = 10)

1. Counseling process is _____
 - (i) unstructured way of helping a person called client
 - (ii) an individual effort to bring solution of a problem
 - (iii) a planned structured dialogue between client and counselee
 - (iv) a way to deal with the problem
2. Which one of the following is not the principle of Guidance?
 - (i) Holistic development of individual
 - (ii) Acceptance of individual needs
 - (iii) Not a continuous process
 - (iv) Recognition of individual needs and difference
3. In _____ counseling the counselor plays an active role.
 - (i) practical
 - (ii) non-practical
 - (iii) directive
 - (iv) non-directive
4. _____ is a combination of directive and non-directive technique depending upon the situational factors.
 - (i) Psychodynamic
 - (ii) Eclectic counseling
 - (iii) Cognitive-behavioral
 - (iv) Cognitive-mindful
5. According to psychoanalytic counseling theory, _____ is viewed as the rational element of personality.
 - (i) superego
 - (ii) id
 - (iii) unconscious
 - (iv) ego
6. _____ psychology is often called Adlerian therapy
 - (i) leadership
 - (ii) Individual
 - (iii) group
 - (iv) cognitive
7. WAIS-III is a(n) _____ scale
 - (i) intelligence
 - (ii) achievement
 - (iii) personality
 - (iv) attitude
8. ASVAB is used for _____ assessment.
 - (i) attitude
 - (ii) achievement
 - (iii) anger management
 - (iv) aptitude
9. _____ involves empathizing with a client's flow of emotions and experiencing and communicating this back.
 - (i) Reflecting feelings
 - (ii) Paraphrasing
 - (iii) Showing understanding
 - (iv) Managing initial resistances
10. _____ is used to instruct oneself to cope with specific learning counseling skills situations better.
 - (i) Self- perceptions
 - (ii) Self- expectations
 - (iii) Self- role-playing
 - (iv) Self-talk

Cont...

SECTION - B (35 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 7 = 35)

- 11 a Outline the goals of guidance.
OR
b Explain vocational counseling.
- 12 a State the aims of group counseling.
OR
b Compare pre-marital and family counseling.
- 13 a Evaluate psychoanalytic theory.
OR
b Analyze the techniques of logo therapy.
- 14 a Explain the need for psychological tests.
OR
b How are social distance scales used in counseling setting?
- 15 a Bring out the importance of counseling skills.
OR
b Summarize the qualities of a good counselor.

SECTION - C (30 Marks)

Answer any THREE Questions

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

- 16 Elucidate the various stages of counseling process.
- 17 Discuss group counseling process.
- 18 Enumerate behavioral theory & therapy.
- 19 Evaluate appraisal techniques.
- 20 Discuss understanding the internal frame of reference.

Z-Z-Z

END