MASTER'S DEGREE (C.S.S) EXAMINATION, NOVEMBER 2024
2023 ADMISSIONS REGULAR
SEMESTER III - CORE COURSE PSYCHOLOGY
PY3C10TM - Counseling

Time : 3 hrs Hours   Maximum Weight : 30

Part A

I. Answer any Eight questions. Each question carries 1 weight   (8x1=8)

1. What is counseling and how is it different from guidance?

2. What is a Cumulative Record Card in guidance?

3. Differentiate between a reluctant and resistant client.

4. Briefly describe Hope and Humor in counseling

5. Individual psychology has its root in this approach to counseling. Describe the approach in brief.

6. What are the strengths and contributions of the Adlerian approach to counseling?

7. What are blind spots? Elaborate.

8. Discuss on encounter groups and marathon groups

9. Why use groups?

10. Write a note on needs of aged in India

Part B

II. Answer any Six questions. Each question carries 2 weight   (6x2=12)

11. Describe the characteristics of a successful client.

12. Elaborate on Case work, Anecdotal methods, Cumulative records in counselling.

13. Discuss the types of initial interview.

14. Discuss behavior therapy

15. Illustrate the helping model showing interactive stages and steps.

16. Discuss the need for group counselling.

17. Elaborate on the importance of sex education in schools.

18. Elaborate on treating nicotine abuse and addiction

Part C

III. Answer any Two questions. Each question carries 5 weight   (2x5=10)

19. Elaborate on the non helpful behaviors in counseling

20. Describe reality therapy.(i) Enumerate its goals (ii)Techniques (iii) strengths and limitations

21. Give an overview of the stages and tasks of helping model.

22. Explain the different skills that are used by a group counselor in a session.