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(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER B.Sc. DEGREE EXAMINATION
NOVEMBER 2014**

(UG-CCSS)

Core Course – Psychology

PS 5B 03 – BASICS OF COUNSELLING PSYCHOLOGY

Time : Three Hours

Maximum : 30 Weightage

Answer all questions.

I. Objective Type Questions :

A. Multiple Choice :

1. The early guidance programs were mostly :

- (a) Educational. (b) Religious.
(c) Vocational. (d) Ethical.

2. Which of the following domains belongs to emotions ?

- (a) Affective. (b) Behavioral.
(c) Conative. (d) Cognitive.

3. Rational emotive therapy is associated with :

- (a) Watson. (b) Albert Ellis.
(c) Wolpe. (d) Carl Rogers.

4. _____ is a technique of behavioral counselling.

- (a) Confrontation. (b) Operant conditioning.
(c) Hypnosis. (d) Dream analysis.

B. Fill up the blanks :

5. Unconditional positive regard is one of the essential conditions for _____ counselling founded by Carl Rogers.

6. _____ approach to counselling considers faulty learning as the cause of maladjustment.

7. _____ is the founder of Gestalt therapy.

8. The need for fulfillment or actualization is regarded as a fundamental human motive in _____ psychology.

C. Answer in a single word :

9. To which psychological theory does the notion 'repression' belong?

10. Who developed Transactional Analysis?

Turn over

11. The type of stress called positive stress.
12. Who developed the term 'transference'?

(12 × ¼ = 3 weight)

II. Short Answer Type Questions. Answer all *nine* questions :

13. Marriage Counselling.
14. Aptitude test.
15. Relaxation technique.
16. Alcoholism.
17. Career guidance.
18. Termination of individual session.
19. Structured interview.
20. Justice as an ethical principle.
21. Gestalt counselling.

(9 × 1 = 9 weight)

III. Short Essay or Paragraph Questions. Answer any *five* questions from seven :

22. Person-centered counselling.
23. Goals of guidance.
24. Group counselling.
25. Tools of counselling.
26. The three-fold functions of guidance and counselling.
27. ABC model of behaviour proposed by Albert Ellis.
28. Tolerance.

(5 × 2 = 10 weight)

IV. Essay Questions. Answer any *two* questions from three :

29. Define Counselling and describe its process.
30. Bring out the essential aspects in counselling interview.
31. State the importance and relevance of career guidance in the present context of development.

(2 × 4 = 8 weight)