

22U568

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Name:

Reg.No:

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19U PSY5 B04 - PSYCHOLOGICAL COUNSELLING

(Psychology - Core Course)

(2019 Admission onwards)

Time : 2.00 Hours

Maximum : 60 Marks

Credit : 3

Part A (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. Genuiness.
2. Egans first stage.
3. Incongruence.
4. Techniques of CBT.
5. Characteristics of eclectic counselling.
6. Interpretation.
7. Goal setting.
8. Any two need of school counselling.
9. Steps in career guidance.
10. Group counseling.
11. Stages and principles of HIV patient counselling.
12. Values of counseling.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

Answer *all* questions. Each question carries 5 marks.

13. General and specific goal of counselling.
14. Techniques used for person centered counselling.
15. Short note on opening techniques of counselling.
16. Short note on rapport building and SOLER model.
17. Short note on various skills used for counselling.

18. Explain about problem solving skill.
19. Short note on paraphrasing, reflecting and structuring.

(Ceiling: 30 Marks)

Part C (Essay questions)

Answer any *one* question. The question carries 10 marks.

20. Define counselling and explain about goals and condition facilitating counselling.
21. Define counselling and explain about legal aspects and professional code of ethics in counselling.

(1 × 10 = 10 Marks)
