

**FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

(CBCSS - UG)

(Regular/Supplementary/Improvement)

**CC19UPSY5B04 - PSYCHOLOGICAL COUNSELING**

(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. Scope of counseling.
2. Condition facilitating effective counseling.
3. SOLER model.
4. Problem management frame work.
5. Behavioural approach.
6. Projection.
7. Any two specific behavioural techniques in behavioural counseling.
8. Rapport building.
9. Confrontation.
10. Division of educational counseling.
11. Encounter group.
12. Ethics of counseling.

**(Ceiling: 20 Marks)****Part B (Short essay questions - Paragraph)**Answer ***all*** questions. Each question carries 5 marks.

13. Explain about the types of cognitive distortions.
14. Briefly explain counseling skills and techniques.
15. Explain about problem solving skill.
16. Short note on paraphrasing, reflecting and structuring.

17. Briefly explain open ended questions, goal setting and termination skills.
18. Explain career counseling and principles of career counseling.
19. Professional code of ethics in counseling.

**(Ceiling: 30 Marks)**

**Part C (Essay questions)**

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

20. Define counseling and briefly explain about counseling skills and techniques.
21. Explain about HIV/AIDS counseling.

**(1 × 10 = 10 Marks)**

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