

18U554

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Name:

Reg. No.....

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS-UG)

(Regular/Supplementary/Improvement)

CC17U PSY5 B04 - PSYCHOLOGICAL COUNSELLING

(Psychology - Core Course)

(2017 Admission onwards)

Time: Three Hours

Maximum: 80 Marks

Part A

Answer *all* questions. Each question carries 1 mark.

1. ----- is a means of defense that thoughts and feelings are excluded from awareness
(Regression, Repression, Denial, sublimation)
2. The closing stage of counseling relationship:
(Initiation, ingratiating, termination, none of these)
3. The early guidance programs were mostly:
(Educational, Religious, Vocational, Ethical)
4. Clients projection of past or present feelings, attitudes and desires on to the counselor
(Empathy, Immediacy, Rapport, Transference)
5. Restating what the counsellee has said:
(Confrontation, active listening, summarizing, active listening)

Fill in the blanks:

6. ----- approach to counseling considers faulty learning as the cause of maladjustment.
7. The need for fulfillment or actualization is regarded as a fundamental human motive
in ----- Psychology.
8. The technique used for reducing undesirable behavior is known as -----
9. ----- refers to the hidden but true meaning of dreams.
10. The deep and genuine concern for the client as a person is called -----

(10 x 1 = 10 Marks)

Part B

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

11. Follow up.
12. Counseling service.
13. Guidance.
14. Systematic desensitization.

15. Free association.
16. work place aggression.
17. Cognitive disputation.
18. Assertion training.
19. Structured interview.
20. ABC model.

(10 x 2 = 20 Marks)

Part C

Answer any *six* questions. Each question carries 5 marks.

21. Current trends in counseling.
22. Client centered therapy.
23. Follow up.
24. Active listening strategies.
25. Premarital counseling.
26. Psychoanalytical approach to counseling.
27. Stages of counseling relationships.
28. Goals of counseling.

(6 x 5 = 30 Marks)

Part D

Answer any *two* of the following. Each question carries 10 marks.

29. Define behavioral modification and summarize important techniques of behavioral modification.
30. Give an account of the different types of group work in counseling.
31. Describe the various strategies and techniques employed in counseling.
32. State the importance and relevance of ethical and legal aspects of counseling in India.

(2 x 10 = 20 Marks)
