

20U548S

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Name:

Reg. No:

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2022

(CUCBCSS- UG)

CC17U PSY5 B04 - PSYCHOLOGICAL COUNSELING

(Psychology – Core Course)

(2017, 2018 Admission – Supplementary/Improvement)

Time: Three Hours

Maximum: 80 Marks

Part A

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

1. The ability of the counselor to deal with the here and now factors that operate within the counseling relationship.
(Empathy, immediacy, rapport, sympathy)
2. The ability of counselor to get into the shoes of another person is known as
(Sympathy, empathy, apathy, none of these)
3. Who is the founder of REBT?
(Beck, albert Ellis, Roger, William James)
4. Major skills that involve in empathy.
(Perceiving and communicating, hearing and listening, attending and recording, observing and listening)
5. Which of the following is the basic tool of counselling?
(Interview, inkblot test, argument, intelligent test)

Fill in the Blanks:

6. Unconditional positive regard is one of essential condition for _____ counselling founded by carl roger
7. _____ is the process of exploration of two people aimed at identifying problems and seeking solution
8. _____ is the closing stage of counseling
9. _____ proponent of skilled helper model
10. _____ is thought process or method used to generate creative idea by exploring many possible solutions

(10 × 1 = 10 Marks)

Part B

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

11. Terminating skill.
12. Active listening.
13. Cognitive behaviour therapy.
14. Ethics in counselling.
15. Empathy.
16. Group counseling.
17. Unconditional positive regard.
18. Problem solving.
19. Projection.
20. Paraphrasing and reflecting.

(10 × 2 = 20 Marks)

Part C

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

21. Behaviour approach to counselling.
22. Egan's three stages model.
23. Characteristics of counselor and counselee.
24. Psychoanalytical approach to counselling.
25. Condition facilitating effective counselling.
26. Cognitive approaches to counseling.
27. Role play.
28. Scope of counseling.

(6 × 5 = 30 Marks)

Part D

Answer any *two* questions. Each question carries 10 marks.

29. Client centered approach to counseling.
30. Behavioral approach to counseling.
31. Define counseling, characteristic of good counselor, condition facilitating effective counseling.
32. Explain about Egan's skilled helper model.

(2 × 10 = 20 Marks)
