

**21U566**

(Pages: 2)

Name: .....

Reg.No: .....

**FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2023**

(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. Define counseling.
2. Unconditional positive regard.
3. Techniques used for person centered counseling.
4. Systematic desensitization.
5. Physical arrangements and attitude skills.
6. SOLER model.
7. Silence.
8. Decision making.
9. Terminating skills.
10. Open ended questions.
11. Role of counselor in terminally ill patients.
12. Professional code of ethics.

**(Ceiling: 20 Marks)**

**Part B** (Short essay questions - Paragraph)

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

13. Explain about the characters of counselor.
14. Problem management framework.
15. Explain roger self concepts and fully functioning person.
16. Explain about empathetic responding and paraphrasing.

17. Briefly explain about school counseling and role of counselors.
18. Explain group counseling.
19. Short note on premarital counseling.

**(Ceiling: 30 Marks)**

**Part C (Essay questions)**

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

20. Define counseling and explain about egans model.
21. Short note on CBT, REBT, RT.

**(1 × 10 = 10 Marks)**

\*\*\*\*\*