

Exam.Code:0596

Sub. Code: 4155

1056

Certificate Course (Add-on)

Guidance and Counselling

Paper – II: Introduction to Counselling

Time allowed: 3 Hours

Max. Marks: 75

NOTE: Attempt five questions in all, including Question No. IX (Unit-V) which is compulsory and selecting one question each from Unit I - IV.

x-x-x

UNIT- I

- I. Trace the historical development of Counseling. (15)
- II. Briefly describe the emerging trends of Counseling. (15)

UNIT- II

- III. Describe the various approaches to Counseling. (15)
- IV. What are the qualities of an effective counselor? Discuss his role and functions. (5,5,5)

UNIT – III

- V. Explain the process of adjustment. Describe any five defense mechanisms. (3,12)
- VI. What are the criteria of good mental health? Discuss the role of counselor in developing good mental health. (7,8)

UNIT – IV

- VII. Define interview. Explain the procedure of conducting an interview. (15)
- VIII. Give a brief description of:-
 - a) Substance abuse
 - b) Drug addiction
 - c) Internet and technological abuse(3x5)

UNIT – V

- IX. Write short notes on the following:-
 - a) Importance of counseling
 - b) Testing techniques of counseling
 - c) Adjustment problems of adolescents
 - d) Child abuse(4,4,4,3)

x-x-x