

2064  
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. Define Counseling. What is the importance of counseling? Describe in detail. (5+10)
- II. Explain individual and Group counseling in detail. (7+8)

**UNIT - II**

- III. 'A counselor is the pivot around whom the whole counseling process revolves.' Explain the role and functions of a counselor in the light of above statement. (15)
- IV. What is Eclective counseling? Explain process, merits and demerits of Eclective counseling. (5+10)

**UNIT - III**

- V. What are the characteristics of a well-adjusted adolescent? How can a counselor develop good mental health in adolescents? (5+10)
- VI. What are various physical and emotional causes of maladjustment? (7+8)

**UNIT -IV**

- VII. Explain Empathy and listening as counseling skills. (8+7)
- VIII. Discuss Child abuse, internet and technological abuse as special concern in counseling for young children. (5+5+5)

**UNIT-V**

- IX. Write short notes on the following:
  - a) Directive counseling (4)
  - b) Historical Development of Counselling (4)
  - c) Adjustment problems of adolescents (4)
  - d) Types of interview (3)

x-x-x