

2082
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. Explain individual and group counseling in detail. (7+8)
- II. Define counseling. Discuss importance and historical development of counseling. (5+10)

UNIT - II

- III. What is directive counseling? Explain process, merits and demerits of directive counseling. (5+10)
- IV. Explain qualities and role of an effective counselor. (7+8)

UNIT - III

- V. Explain the term adjustment. What are adjustment mechanisms? Explain any one with suitable examples. (5+5+5)
- VI. What is the criteria of good mental health? Illustrate the role of counselor in developing good mental health among his/her clients. (5+10)

UNIT - IV

- VII. Explain the importance of building trust in counseling process. Describe the set of skills needed for building trust. (15)

P.T.O.

(2)

- VIII. Discuss Substance abuse and drug addiction as special concern in counseling for adolescents. (7+8)

UNIT - V

- IX. Write short notes on the following:-

- a) Eclectic counseling (4)
- b) Trends in counseling (4)
- c) Adjustment problems of children (3)
- d) types of Interview (4)

x-x-x