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K. Sambal

Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – May 2025
VI Semester

Class : III UG
Major : Psychology

Time : 3 Hours
Max. Marks: 100

21BPSC21 Counselling Psychology

Course Outcomes:

- CO1: Delineate the goals, Outcomes and process of counselling and also explain the various stages involved in counselling
CO2: Predict counselling relationships and identify the core conditions involved in counselling
CO3: Formulate assessment and diagnostic procedures in counselling and construct techniques to improve counselling
CO4 :Classify and appraise various psychological theories in counselling
CO5: Designs counselling for children and women, additionally evaluate techniques to work with parents and children and also working with older adults

Part A

10 x 1 = 10

Choose the Correct Answer

1. The outcome of effective counsellings is to CO1K1
 - a. Increase dependency on the counsellor
 - b. Improve decision-making and problem-solving skills
 - c. guarantee of no future problems
 - d. Immediate resolution of all issues
2. How does counselling differ from giving advice? CO1K1
 - a. Counselling focuses on empowering the client to find their own solutions
 - b. Counselling involves prescribing medication
 - c. Counselling is only for mental health issues
 - d. Counselling is a one-time session
3. Find out the role of nonverbal messages in counselling CO2K1
 - a. They are irrelevant to the counselling process
 - b. They help convey empathy and understanding
 - c. They are used to diagnose mental illness
 - d. They replace verbal communication
4. Premature advice giving considered a barrier in counselling because CO2K1
 - a. It helps the client make quick decisions
 - b. It can prevent the client from exploring their own solutions
 - c. It is necessary for effective counselling
 - d. It is a core condition of counselling
5. The role of goal setting in counselling is CO3K1
 - a. To diagnose the client's problems
 - b. To provide a clear direction for the counselling process
 - c. To prescribe medication
 - d. To conduct physical examinations
6. Immediacy is important in counselling because CO3K1
 - a. It helps the counsellor diagnose the client's problems
 - b. It addresses the client's current feelings and experiences
 - c. It provides immediate solutions to the client's issues
 - d. It focuses on physical health
7. Identify the theory that focuses on unconscious processes and childhood experiences is CO4K1
 - a. Psychoanalytic Theory
 - b. Humanistic Theory
 - c. Reality Therapy
 - d. Gestalt Therapy
8. How does Gestalt Therapy differ from Psychoanalytic Therapy? CO4K1
 - a. Gestalt Therapy focuses on the present moment, while Psychoanalytic Therapy focuses on the past
 - b. Gestalt Therapy focuses on unconscious processes
 - c. Gestalt Therapy emphasizes behavioural modification
 - d. Gestalt Therapy focuses on self-actualization
9. How do children differ from adults in counselling? CO5K1
 - a. Children require less confidentiality
 - b. Children communicate differently and may use play
 - c. Children do not need counselling
 - d. Children have the same communication skills as adults

10. The significance of addressing aging-related issues in counselling older adults is CO5K1
- a. It helps the counsellor diagnose mental illness
 - b. It addresses the unique challenges and needs of older adults
 - c. It focuses on physical health
 - d. It provides immediate solutions

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Describe about the importance of counselling. CO1K3
(or)
11. b. Explain about the mind-body relationship in the context of counselling. CO1 K3
12. a. What are the key elements of a counselling relationship? CO2 K2
(or)
12. b. How do nonverbal messages impact counselling effectiveness? CO2 K2
13. a. How does role-playing enhances counselling assessment? CO3 K5
(or)
13. b. Describe about the various questioning techniques used in diagnosis. CO3 K5
14. a. How does Behaviour Therapy differ from Gestalt Therapy? CO4 K5
(or)
14. b. Explain about the key concepts of Humanistic Theory in counselling. CO4 K5
15. a. How does counselling confidentiality impact counsellor-client trust ? CO5 K5
(or)
15. b. Summarise the key challenges in counselling children and parents. CO5 K5

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four page

16. a. Explain about the stages of counselling . CO1 K3
(or)
16. b. Analyse the goals and expected outcomes of counselling. CO1 K3
17. a. Discuss about the significance of storytelling in the counselling process. CO2 K2
(or)
17. b. Describe the conditions that encourage client disclosure in counselling. CO2 K2
18. a. Enumerate on different techniques used to improve counselling structure. CO3 K5
(or)
18. b. Elaborate on Role Playing. CO3 K5
19. a. Discuss about the role of(Progressive Muscle Relaxation) in counselling therapy. CO4 K5
(or)
19. b. Give a detailed account on the key differences between Psychoanalytic and Humanistic Therapy. CO4 K5
20. a. Elucidate on the effectiveness of different counselling procedures for gender-specific issues. CO5 K5
(or)
20. b. Delineate on the significance of counselling the children differs from adults. CO5 K5