



## Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

### Bachelor's Degree Examination – August 2020

#### VI Semester

Class : III UG  
Major : Human Development

Time : 2 Hours  
Max. Marks : 50

### 15BHDC21 Basics of Counselling

#### Part A

10 x 1 = 10

#### Choose the Correct Answer

- In a counselling process the person who seeks help is called as
  - facilitator
  - counsellor
  - counselee
  - trainer
- Vocational counsellor helps with
  - psychological problems
  - career decisions
  - marital problems
  - behavioural disorders
- The ability to feel what another person is feeling is called as
  - empathy
  - sympathy
  - acceptance
  - compassion
- The major aim of counselling is
  - behaviour change
  - promote decision making
  - improve relationships
  - all the above
- Expected outcome of a treatment is called as
  - diagnosis
  - synthesis
  - analysis
  - prognosis
- The first step in a counselling process is
  - establishment of rapport
  - assessment
  - intervention
  - follow up
- The counsellor plays an important role in
  - indirect counselling
  - direct counselling
  - eclectic counselling
  - play technique
- Role playing is an integral part of
  - cognitive therapy
  - existential therapy
  - psychoanalytic therapy
  - psychodrama
- The most appropriate counsellor to help in case of bullying is \_\_\_\_\_ counsellor.
  - Vocational
  - Child
  - Marital
  - Career
- Carl Roger is the chief exponent of
  - directive counselling
  - family counselling
  - non-directive counselling
  - none of the above

**Part B**

**3 x 6 = 18**

Answer any **Three** questions

**Each answer should not exceed 400 words or two pages**

11. Explain the need and importance of counselling.
12. What are the goals of counselling?
13. Explain the prerequisites of counselling process.
14. Discuss the various qualities that a counsellor needs to have.
15. Write a note on play technique.
16. Discuss the communication errors in counselling.
17. Elaborate the steps in Direct counselling technique.
18. Discuss the advantages and disadvantages of Direct counselling.
19. What are various problems for which children need counselling?
20. Explain the need of counselling for today's youth.

**Part C**

**2 x 11 = 22**

Answer any **Two** questions

**Each answer should not exceed 800 words or four pages**

21. "The scope of counselling is vast". Justify this statement.
22. Enumerate the Principles of Counselling.
23. Discuss the characteristics of an effective counsellor.
24. Describe the steps in a counselling process.
25. Explain eclectic counselling.
26. What is indirect counselling? Explain.
27. Describe how play technique is used in counselling.
28. Describe psychodrama in detail.
29. What is the need of marital counselling? Explain the role of a counsellor in marital counselling.
30. Explain the techniques used in family therapy.

\*\*\*\*\*