



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 - June 2021
VI Semester

Class : III UG
Major : Psychology

Time : 3 Hours
Max. Marks: 100

18BPSC21 Counselling Psychology

Part A
Choose the Correct Answer

10X1=10

1. Which one of the following methods is included in strategies that add depth and enhance the counseling relationship? CO1K1
 - a. Probing and leading
 - b. Responding to nonverbal cues
 - c. Attending and encouraging
 - d. Summarising
2. Personal trait you should have as a helper. CO1K1
 - a. Patience
 - b. Like minded people
 - c. Sense of humor
 - d. Good listener
3. Empathy involves CO2K1
 - a. Putting other's emotions before yours
 - b. Understanding one's own emotions
 - c. Putting yourself in someone else's shoes
 - d. Feeling sympathetic towards others
4. Leaning forward, saying ummm, nodding, are examples of which one of the following interviewing techniques? CO2 K1
 - a. Paraphrasing
 - b. Prompting
 - c. Furthering
 - d. Checking
5. A Counseling Psychologist is presented with a student who complains of being unable to study. Which tool of assessment would probably be of greatest assistance in terms of better CO3 K1
 - a. The Rorschach
 - b. The MMPI
 - c. Self-monitoring
 - d. Role play
6. The client transfers feelings of others toward the therapist is CO3 K1
 - a. Transference
 - b. Counter transference
 - c. Attachment
 - d. Integrity
7. Token economy is an influential intervention based upon CO4 K1
 - a. Implicit learning
 - b. Observational learning
 - c. Classical conditioning
 - d. Operant conditioning
8. Client centered therapy is a type of CO4 K1
 - a. Behavioural therapy
 - b. Humanistic therapy
 - c. Cognitive therapy
 - d. Psychoanalytic therapy
9. The direct or indirect encouragement from one's own age group to participate in activities or behave in expected ways is CO5 K1
 - a. Obedience
 - b. Conformity
 - c. Peer pressure
 - d. Informational influence
10. What is the most common psychiatric disorder after age 65? CO5 K1
 - a. Mood disorders
 - b. Anxiety disorders
 - c. Addiction
 - d. Severe cognitive impairment

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5X6 =30

11. a. Explain mind body relationship. CO1 K2
(or)
11.b. Briefly discuss on the meaning and goals of counselling. CO1 K2
12. a. Highlight the importance of non verbal messages in the counselling process. CO2 K3
(or)
12. b. Explain the importance of empathy and disclosure in a counselling setting. CO2 K3
13. a. Describe the process and application of role playing in short. CO3 K2
(or)
13.b. Explain briefly about transference, counter transference and its impact in the counselling session. CO3 K3
14. a. Write a short note on Systematic Desensitization. CO4 K1
(or)
14.b. Discuss briefly about Carl Rogers' Person Centered therapy. CO4 K2
15. a. Explain the specific counselling skills. CO5 K2
(or)
15.b. Discuss about working with families of older clients. CO5 K4

Part C
Answer ALL questions
Each answer should not exceed 800 words or two pages

5X12=60

16. a. Write a detailed note on the stages of counselling. CO1 K1
(or)
16. b. Explain the outcomes and the process of counselling in detail. CO1 K3
17. a. Describe the ways to impede communication in counselling. CO2 K4
(or)
17. b. Write about the core conditions of the counselling process in detail. CO2 K2
18. a. Explain in detail about the commitment to action and termination in the counselling process. CO3 K2
(or)
18.b. Write a detailed note on the techniques to improve counselling. CO3 K3
19. a. Describe the psychoanalytic theory in detail. CO4 K1
(or)
19. b. Explain in detail the JPMR technique. CO4 K3
20. a. Describe the use of play and assessment while working with children and parents. CO5 K3
(or)
20.b. Explain the counselor's attitude and implication of gender bias while working with girls and women. CO5 K2
