



**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 : Human development**

**Time : 3 Hours**  
**Max. Marks:100**

**18BHDC21 Basic of Counselling**

**Part A**

**10 x 1=10**

**Choose the Correct Answer**

1. Trying to understand the feelings of the client is known as
  - a. Sympathy
  - b. Empathy
  - c. Concern
  - d. Feelings
2. Help given to an individual to overcome their personal problems by a professional person is known as .
  - a. Counsellor
  - b. Parents
  - c. Advisor
  - d. Friend
3. \_\_\_\_\_ is a quality essential for a counsellor..
  - a. Patience
  - b. empathy
  - c. sincerity
  - d. all the above
4. People with similar problems can be counseled through
  - a. Group therapy
  - b. Psychotherapy
  - c. Behavioural therapy
  - d. Family therapy
5. Vocational Guidance is most important during the \_\_\_\_\_ period
  - a. Childhood
  - b. Adolescent
  - c. Adulthood
  - d. Old age
6. A combination of direct and indirect counseling is called as
  - a. Individual counselling
  - b. Group counseling
  - c. Both a and b
  - d. none of the above
7. \_\_\_\_\_ therapy is useful in treating people with personality disorders
  - a. CBT
  - b. RET
  - c. Gestalt
  - d. Cognitive
8. \_\_\_\_\_ therapy was developed by Albert Ellis
  - a. RET
  - b. Gestalt
  - c. Cognitive
  - d. CBT
9. Inquiring closely into something is known as
  - a. Attending
  - b. Summarising
  - c. Probing
  - d. Responding
10. \_\_\_\_\_ therapy was developed by Carl Rogers
  - a. CBT
  - b. Analytical
  - c. Person centered
  - d. Cognitive

**Part B**  
**Answer the following**  
**Answer should not exceed 400 words or two pages**

**5 X 6=30**

- 11.a. Explain the meaning, goal and scope of counselling .  
(or)  
11.b. Explain the qualities required to become a counselor.
- 12.a. Explain Eclectic counselling.  
(or)  
12.b. Discuss the humanistic approach to counseling highlighting on Gestalt therapy.
- 13.a. Enumerate the challenging skills required during counseling process .  
(or)  
13.b. Explain the need of follow up in counselling .
- 14.a. Explain the importance of setting counseling centers in schools and colleges.  
(or)  
14.b. Discuss the method of counseling required for a person who is a substance abuser.
- 15.a. Explain geriatric counselling.  
(or)  
15.b. Explain the importance career counselling for adolescents.

**Part C**  
**Answer the following**  
**Answer should not exceed 800 words or four pages**

**5 x 12=60**

- 16.a. Explain the principles of counseling.  
(or)  
16.b. Brief on the ethical issues to be followed in counselling.
- 17.a. Elaborate on the cognitive behavioural approaches to counselling.  
(or)  
17.b. Discuss in detail the difference between the direct and indirect counselling
- 18.a. Explain the stages involved in counseling process.  
(or)  
18.b. Discuss the psychodynamic approaches towards counselling.
- 19.a. Brief on the basic skills required for counselling.  
(or)  
19. b. Explain peer group counselling.
- 20.a. Discuss the need for counseling parents of special children.  
(or)  
20.b. Explain the importance of marital counseling .

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