

Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore – 641043
Continuous Internal Assessment Test I – August 2025
Semester V

Class: III UG
Major: Human Development

Time: 2 hrs
Maximum Marks: 60

23BHDPD1 – Basics of Counselling

Course Outcome

- Recognise the underlying scope and principles of counselling
- Understand the counselling process and its stages
- Distinguish the types and techniques of counselling
- Relate to the approaches of counselling
- Application of the acquired knowledge of counselling types, techniques and approaches in helping self and others.

PART A

Choose the correct answer

1x6=6

1. At which stage of the counselling process, the core conditions of counselling be applied by counsellor?
a. Stage one b. Stage two c. Stage four d. Stage Six
CO2 K1
2. What is the stage three of counselling process?
a. assessment and diagnosis b. Relationship building c. intervention and problem solving d. formulation of counselling goals
CO2 K1
3. Equal treatment denotes which principle of counselling?
a. autonomy b. justice c. fidelity d. beneficence
CO1 K2
4. Which is the concept of not causing harm to others?
a. respect b. non-maleficence c. acceptance d. empathy
CO1 K2
5. Who pioneered directive counselling?
a. E.G. Williamson b. Carl Rogers c. F.C thorne d. Sigmund Freud
CO3 K1
6. Which of the following is also called permissive counselling?
a. Directive b. Non directive c. Eclectic d. Perspective counselling
CO3 K1

PART B

Answer the following.

3x6=18

7. Define counselling? Explain the objectives of counselling. Or Describe the need for counselling. CO1 K2
CO1 K2
8. Counselling is based on preventive, developmental and therapeutic in nature – Explain. Or Bring out the core conditions to be applied in the process of counselling. CO2 K3
CO3 K2
9. Differentiate between directive and non directive counselling. Or Bring out the concept of eclectic counselling. CO3 K4

PART C

Answer the following.

3x12=36

10. Offer your views on ethical considerations of counselling with suitable examples. Or Explain the aims of counselling CO1 K4
CO1 K2
11. Describe the bedrock principles of counselling. Or Explain the characteristics of non-directive counselling. CO1 K2
CO3 K2
12. Bring out the steps in directive counselling Or Explain the stages of the counselling Process. CO3 K2
CO2 K2