



Samballa

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

Continuous Internal Assessment Test I – February 2026

III Semester

**Class : II UG
Major : Psychology**

**Time: 2 hours
Maximum Marks: 60**

23BPSC07 and Fundamentals of Counselling

Course Outcomes:

At the end of the course, students will:

1. Developing a Basic Understanding of Counselling as a Profession
2. Gaining an overview of Basic Approaches, Theories and Techniques in Counselling
3. Developing Awareness about the Contemporary Issues and Challenges in Counselling
4. Learning about the newer forms of Therapy like Solution Focused Therapy, Narrative Therapy

Part - A

6 x 1 = 6

Choose the Correct Answer

- | | | |
|--|---|--------|
| 1. Counselling is best defined as:
a. Training b. Treatment | c. Helping profession d. Behaviour modification | CO1 K3 |
| 2. The nature of counselling is mainly
a. Authoritative b. Confidential | c. Punitive d. mentoring | CO2 K3 |
| 3. Confidentiality in counselling reflects:
a. Autonomy b. Fidelity | c. Justice d. Veracity | CO3 K2 |
| 4. Behaviour therapy focuses on:
a. Insight b. Learning | c. association d. Emotions | CO1 K3 |
| 5. CBT emphasizes the role of:
a. Drives b. Instincts | c. Past d. Thoughts | CO2 K1 |
| 6. Psychodynamic approach stresses:
a. Reinforcement b. Cognition | c. Unconscious d. Behaviour | CO3 K2 |

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

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|--|--------|
| 7. a. Understand the goals of Counselling.
(or) | CO3 K2 |
| 7. b. Explore the status of Counselling in India. | CO2 K3 |
| 8. a. Explicate the core ethical principles of Counselling.
(or) | CO1 K3 |
| 8. b. Outline the significance of Active Listening. | CO5 K4 |
| 9. a. Explain the implications of unconditional positive regard.
(or) | CO4 K3 |
| 9. b. Analyze the core principles of Behavioural approach. | CO3 K3 |

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

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|---|--------|
| 10. a. Elaborate the Challenges faced by beginning counsellors.
(or) | CO2 K3 |
| 10. b. Enumerate the stages in counselling process. | CO3 K3 |
| 11. a. Explain the techniques used in psychodynamic approach.
(or) | CO4 K4 |
| 11. b. Examine the principles of CBT. | CO4 K3 |
| 12. a. Analyze the level of empathy and active listening
(or) | CO1 K4 |
| 12. b. Ms. R is a 21-year-old undergraduate student who presented with complaints of persistent sadness, excessive worry related to academics, difficulty concentrating, disturbed sleep and frequent headaches for the past three months. The symptoms began after she failed an internal assessment test, following which she developed fear of further failure, avoided attending classes and withdrew from social interactions. She reported increased self-doubt and perfectionistic tendencies. There was no past psychiatric history or family history of mental illness. Discuss the case with reference to goals and suitable counselling interventions. | CO2 K3 |