



## 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

### Master's Degree Examination – May 2025

#### II Semester

**Class : I P.G.**  
**Major : Master of Social Work**

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

#### 23MSWC10 Counselling and Guidance

##### Course Outcomes:

CO1: To introduce the students to the concept, definition, need for counselling

CO2: Acquire knowledge on the theoretical approaches to counselling

CO3: To impart knowledge to the students on the various models of counselling

CO4: Understand the process of counselling

CO5: To equip the students on the skills, techniques of counselling

##### Part A

10 x 1 = 10

##### Choose the Correct Answer

1. What is a key quality of an effective counselor? CO1K1  
a. Judgmental attitude    b. Empathy    c. Lack of communication    d. Ignorance
2. Which philosophical foundation emphasizes personal growth and self-awareness? CO1K1  
a. Humanism    b. Behaviourism    c. Existentialism    d. Psychoanalysis
3. Which philosophical era significantly influenced counselling theories? CO2K1  
a. Medieval Philosophy    b. Ancient Greek Philosophy  
c. Renaissance Philosophy    d. Modern Philosophy
4. Transactional Analysis (TA) was developed by CO2K1  
a. Sigmund Freud    b. Eric Berne    c. Carl Jung    d. Viktor Frankl
5. What is the first step in the counselling process? CO3K1  
a. Goal setting    b. Initiating counselling    c. Termination    d. Exploration
6. Which counselling technique involves paying attention to body language and facial expressions? CO3K1  
a. Exploration    b. Attending skills    c. Goal setting    d. Termination
7. Which diagnostic approach focuses on identifying behavioural patterns in clients? CO4K1  
a. Functional Diagnosis    b. Formal Diagnosis    c. Cognitive Diagnosis    d. Physical Diagnosis
8. What is a key "do" in counselling? CO4K1  
a. Maintain client confidentiality    b. Offer unsolicited advice  
c. Disregard cultural values    d. Ignore emotional concerns
9. In which type of counseling is emotional and psychological support is offered to individuals facing job-related concerns? CO5K1  
a. Career counselling    b. Industrial counselling    c. Crisis counselling    d. Marital counselling
10. Which type of counseling helps individuals cope with emotional trauma following a natural disaster? CO5K1  
a. Family counselling    b. Suicide intervention  
c. Intervention during disaster    d. Marital counselling

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

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

- 11.a. Define counseling and list 2 types of counselling. CO1K1  
(or)
- 11.b. Predict the goals of counseling. CO1K2
- 12.a. Who is considered as first psychiatrist? Explain his contribution in the field of psychiatry. CO2K2  
(or)
- 12.b. Summarize the influence of psychology in the development of counseling. CO2K3
- 13.a. Examine the attending skills in counselling. CO3K3  
(or)
- 13.b. Illustrate the importance of counselling. CO3K3
- 14.a. Explain the role of a social worker in counselling. CO4K2  
(or)
- 14.b. Discover standardized measures in assessment in counselling. CO4K3
- 15.a. Illustrate why career counselling is important. CO5K3  
(or)
- 15.b. Analyse how addiction counseling assist individuals. CO5K4

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

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

- 16.a. Analyse the qualities of an effective counsellor. CO1K4  
(or)
- 16.b. Explain the basic principles of counseling. CO1K2
- 17.a. Focus how do client-centered therapy revolutionize counseling practices? CO2K2  
(or)
- 17.b. Analyse the guidance era and explain how it transitioned into the counseling era. CO2K4
- 18.a. Point out the key phases of the counseling process. CO3K1  
(or)
- 18.b. Evaluate the impact of non-verbal interactions on counseling relationship. CO3K5
- 19.a. Assess the ethical concerns surrounding the diagnostic process in counselling. CO4K5  
(or)
- 19.b. Summarize the do's and don'ts of counselling for professional social workers. CO4K5
- 20.a. Express how does crisis counseling differ from suicide intervention counselling. CO5K6  
(or)
- 20.b. Compile the challenges and benefits of industrial counseling in the workplace. CO5K6

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