



K. Sambath

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)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – October 2024
III SEMESTER

Class : II UG

**Major : Music/Economics/Biochemistry and Biotechnology/Zoology/
Food Science and Nutrition/Visual Communication**

Time: 2 hours

Maximum Marks: 60

23BPSGE3 PSYCHOLOGY and MENTAL HEALTH

1. Understanding the status of mental health problem in India and the world.
2. Starting conversations around mental health and creating mental health awareness amongst non-Psychology students.
3. Being able to identify people suffering from common mental health problems like anxiety and depression.
4. Understanding and enhancing positive mental health and well being

6x1=6

Part-A

Choose the correct answer

1. Sign that someone needs help
a. They are always happy and energetic
b. They are withdrawn from the society
c. They have a stable sleep
d. They are punctual
CO3K2
2. What is inappropriate when responding to someone's mental health concerns?
a. Empathy
b. Understanding
c. Judgmental
d. Supportive listening
CO3K1
3. Focus of the RAPID model
a. long-term therapy
b. quick symptom relief
c. personal growth
d. family dynamics
CO4K2
4. The ethical principle prioritizes clients autonomy as
a. informed consent
b. confidentiality
c. non-maleficence
d. beneficence
CO4K1
5. This stage involves helping clients develop strategies for maintaining progress
a. Exploration
b. Action
c. Maintenance
d. Evaluation
CO4K2
6. It helps the clients to explore and clarify their thoughts and feelings
a. open ended question
b. close ended question
c. interpretation
d. advice giving
CO4K2

3x6=18

Part-B

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 7.a. Enumerate on the signs that someone needs help
(or)
CO3 K5
- 7.b. When a person approaches for help, list the initial steps you should do
CO3 K3
CO3 K4
- 8.a. Throw light on the psychological first aid
(or)
CO4 K4
CO4 K3
- 8.b. Expound on guidance
- 9.a. Delineate on counselling and its types
(or)
CO4 K4
- 9.b. Give a note on the types of mentoring

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. When a person seeks you for help, what are the things you should not do as an expert
(or)
CO3K4
- 10.b. Discuss about the difficulties you are facing that affects your mental health
CO3K3
CO3 K4
- 11.a. Focus on the RAPID Model
(or)
CO4K4
CO4K3
- 11.b. Compare and contrast the counselling and guidance
- 12.a. Assess the steps in counselling process
(or)
CO4 K3
- 12.b. Summarize on peer mentoring with suitable example

Copies: 50+ 37

Staff in-charge: Mrs M. Sathya , Ms. Sanmathi.A.P& Ms. Bhuvanaranjani.K