



**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 CO2 K3  
Bring out the core conditions to be applied in the process of counselling. CO3 K2
9. Differentiate between directive and non directive counselling. Or CO3 K4  
Bring out the concept of eclectic counselling.

**PART C**

**Answer the following.**

**3x12=36**

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