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Name JEFFY JOSE

Reg. No.                     

**FIFTH SEMESTER B.Sc. DEGREE EXAMINATION  
NOVEMBER 2011**

(CCSS)

Psychology – Core Course

PS 5 B 03 – BASIC OF COUNSELLING PSYCHOLOGY

Three Hours

Maximum Weightage : 30

Objective Type Questions :

A. Multiple Choice :

1. A warm, friendly and understanding condition which is essential for an effective relationship between the interviewer and the interviewee is termed as :
  - (a) Empathy.
  - (b) Rapport.
  - (c) Transference.
  - (d) Sympathy.
2. The concept of 'automatic thoughts' discussed by :
  - (a) Kelly.
  - (b) Meichenbaum.
  - (c) Beck.
  - (d) Roger.
3. The major skills that involves in empathy :
  - (a) Perceiving and communicating.
  - (b) Hearing and listening.
  - (c) Attending and recording.
  - (d) Observing and listening.
4. An individual's reaction to a person in the present in a manner similar to the way he has reacted to another person in the past :
  - (a) Transference.
  - (b) Counter transference.
  - (c) Empathy.
  - (d) Counselling.

B. Fill in the blanks :

5. \_\_\_\_\_ refers to group activities that focus on providing information or experiences through a planned and organised group activity.
6. \_\_\_\_\_ is a form of T group that focuses on personal and interpersonal issues and on the personal growth of the individual.
7. \_\_\_\_\_ is the capacity to feel 'into' while sympathy is to feel 'with'.
8. \_\_\_\_\_ theory holds that vocational choice is affected by the individual's personality structure, his early experiences, motivation and needs.

Turn over

C. Answer in a single word :

9. The willingness to let another person know about what we think or feel or works.
10. The unique set of thoughts a person uses to process information, give meaning to events, order one's world, explain cause and effect relationships and make decisions.
11. Person centered theory of counselling is based on a theory of personality referred to as the Gestalt theory.
12. Counselling which is based on a positive view of human nature consonant with western views of freedom and self determination.

(12 × ¼ = 3 weight)

II. Short Answer Type Questions. Answer all *nine* questions :

- |                                |                             |
|--------------------------------|-----------------------------|
| 13. Internal dialogue.         | 14. Adolescent counselling. |
| 15. Counter transference.      | 16. George Kelly.           |
| 17. Primary empathy.           | 18. Rapport.                |
| 19. Positive regard.           | 20. REBT.                   |
| 21. Non-directive counselling. |                             |

(9 × 1 = 9 weight)

III. Short Essay or Paragraph Questions. Answer any *five* questions from seven :

22. Ethics in counselling.
23. Crisis intervention.
24. Role of culture in counselling.
25. Current trends in counselling psychology.
26. Group counselling.
27. Personal guidance.
28. Genuineness.

(5 × 2 = 10 weight)

IV. Essay Questions. Answer any *two* questions from three :

29. Define Counselling. Explain the scope and applications of counselling in the modern society.
30. Explain different types of counselling.
31. Describe the process of counselling.

(2 × 4 = 8 weight)