

D 11613

(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER B.Sc. DEGREE (SUPPLEMENTARY/IMPROVEMENT)
EXAMINATION, NOVEMBER 2016**

(UG—CCSS)

Psychology

PS 5B 03—BASICS OF COUNSELING PSYCHOLOGY

Time : Three Hours

Maximum : 30 Weightage

I. Objective Type Questions. Answer *all* questions. Each question Carries $\frac{1}{4}$ weightage.

(A) Multiple Choice :

1 B in the ABC Model of behavior proposed by Ellis is :

- | | |
|---------------|------------------------|
| (a) Behavior. | (b) Belief system. |
| (c) Benefits. | (d) Better adjustment. |

2 Which of the following is the basic tool of counseling ?

- | | |
|----------------|------------------------|
| (a) Interview. | (b) Ink-blot test. |
| (c) Argument. | (d) Intelligence test. |

3 An example of a psychological test is :

- | | |
|--------------------|-----------------------|
| (a) Questionnaire. | (b) Personality test. |
| (c) Observation. | (d) Case study. |

4 One of the most effective means of dissuading adolescents from engaging in destructive behavior is :

- | | |
|-----------------------|------------------------|
| (a) Parent workshops. | (b) Community service. |
| (c) Peer education. | (d) Punishment. |

(B) Fill in the blanks :

- 5 _____ is the chief exponent of person-centered counseling.
- 6 Persuasion, confrontation, challenge, command, theoretical arguments and the like are the techniques used by _____.
- 7 B.F. Skinner introduced the _____ Technique in behavioral counseling.
- 8 Dream analysis is associated with _____ counseling.

Turn over

(C) Answer in a single word :

- 9 To which condition does 'fight or flight' response belong ?
- 10 The interview that chooses questions depending on the interviewee and the situations.
- 11 A tool of diagnosis consisting of a series of questions for the purpose of collecting information from the respondents.
- 12 Which type of counseling uses aversive conditioning ?

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

($12 \times \frac{1}{4} = 3$ weightage)

- 13 Empathy.
- 14 Distress.
- 15 REBT.
- 16 Desensitization.
- 17 Directive counseling.
- 18 Adolescence.
- 19 Rapport.
- 20 Addiction.
- 21 Tolerance.

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

($9 \times 1 = 9$ weightage)

- 22 Role of culture in counseling.
- 23 Family counseling.
- 24 Personal guidance.
- 25 Counseling relationship.
- 26 Automatic thoughts.
- 27 Group counseling.
- 28 Adolescent counseling.

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

($5 \times 2 = 10$ weightage)

- 29 Describe various phases of counseling process.
- 30 Importance and steps of family counseling.
- 31 Define guidance and explain its need and characteristics.

($2 \times 4 = 8$ weightage)