

Exam Code: 1181

Sub. Code: 8585

2122

P.G. Diploma in Guidance and Counselling

First Semester

PGDGC-02: Introduction to Counselling

Time allowed: 3 Hours

Max. Marks: 75

NOTE: Attempt five questions in all, including Question No. IX (Unit - V) which is compulsory and selecting one question each from Unit I - IV.

x-x-x

UNIT - I

I. What do you mean by counseling? Discuss various approaches of counselling with suitable examples. (15)

II. Discuss the various qualities of a good counselor. (15)

UNIT - II

III. Throw light on the theoretical beginning and goals of rational emotive theory. (15)

IV. Discuss Indian therapeutic approach to counselling. (15)

UNIT - III

V. What is the difference between adjusted and maladjusted adolescents? Discuss the role of counselor in developing good mental health. (7,8)

VI. Discuss stress management. Why it is important to manage stress in the present context. Enlist techniques of stress management. (4,4,7)

UNIT -IV

VII. Define interview. Discuss the procedure of conducting interview. (7,8)

VIII. What are the special concerns in counseling? Discuss cyber bullying and its prevention. (10,5)

UNIT -V

IX. Write short notes on the following:

- Self-renewal
- Conflict resolution
- Adjustment mechanisms
- Counselling for aging population
- Emerging trends in counselling

(5x3)

x-x-x