

20/12/2018

Exam Code: 1181  
Sub. Code: 45682

2125  
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. Discuss different approaches of counselling. (15)
- II. Write notes on:-
- a) Ethical standards and legal considerations in counselling
  - b) Importance of counselling (10,5)

**UNIT - II**

- III. Discuss the goals and process of behaviouristic theory. (15)
- IV. Throw light on self actualization theory by Maslow. (15)

**UNIT - III**

- V. Write notes on:-
- a) Adjustment problems of adolescents
  - b) Role of counselor in developing good mental health (2x7½)
- VI. Explain different techniques of stress management. (15)

**UNIT - IV**

- VII. Describe the emerging trends in counselling, e-counselling and telecounselling. (15)
- VIII. Write notes on:-
- a) Counselling for aging population
  - b) Procedure of conducting counselling interview (2x7½)

**UNIT - V**

- IX. Write notes on following:-
- (a) Group counselling
  - (b) Sigmund Freud
  - (c) Social causes of maladjustment
  - (d) Demonstrating empathy
  - (e) Violence prevention programme (15)

x-x-x