

**DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK  
CENTRAL UNIVERSITY FOR JAMMU  
END SEMESTER EXAMINATION, SEMESTER-IV, MAY 2016**

COURSE CODE: PGSSW41001T  
COURSE TITLE: IDC (COUNSELING)

MAXIMUM MARKS: 100  
TIME: 3 HOURS

**SECTION A**

**CONTAINS 10 QUESTIONS WITH ONE MARK EACH (1\*10=10)  
ALL QUESTIONS ARE COMPULSORY**

**Q.1** Counseling as emerging field of study was strongly influenced by

- A. First world war
- B. Second world war
- C. Both of these
- D. None of these

**Q.2** Counseling means

- A. Providing help
- B. Guidance
- C. Both of these
- D. None of these

**Q.3** Aversion Therapy comes under

- A. Humanistic therapy
- B. Behavioral therapy
- C. Both of these
- D. None of these

**Q.4** Carl Rogers is associated with

- A. Behavioral Therapy
- B. Humanistic therapy
- C. Both of these
- D. None of these

**Q.5** Consultation in counseling means

- A. Interaction between counselor and client
- B. Interaction between client and counselor
- C. Both of these
- D. None of these

**Q.6** Problem solving process is a

- A. Scientific process
- B. Rational process
- C. Both of these
- D. None of these

- Q.7** Pronunciation is a barrier in
- A. Verbal communication
  - B. Non- verbal communication
  - C. Written communication
  - D. All of these
- Q.8** Counselor should promote
- A. Wellbeing of the client
  - B. Wellness of the client
  - C. Both of these
  - D. None of these
- Q.9** Direct counseling method is followed in
- A. Education counseling
  - B. Drug-de addiction
  - C. Both of these
  - D. None of these
- Q.10** Employment Counseling deals with
- A. Depression
  - B. Unemployment
  - C. Career opportunities
  - D. All of these

#### SECTION B

**CONTAINS 8 SHORT ANSWER QUESTIONS. ATTEMPT ANY 5 QUESTIONS**

**ALL QUESTIONS CARRY EQUAL MARKS (5\*6= 30)**

- Q.1 What are the various types of counseling?
- Q.2 Write a short note on various types of behavioral therapies?
- Q.3 Write a note on existential and Reality therapy?
- Q.4 Write a short note on the pysco-social factors causing the problem?
- Q.5 Write a note on the ethics in counseling process??
- Q.6 Write a brief note on the communication skills in counseling process
- Q.7 what do you mean by adolescent and child counseling?
- Q.8 Write a short note on HIV-AIDS counseling?

**SECTION C**

**CONTAINS 5 LONG ANSWER QUESTIONS WITH INTERNAL CHOICE.  
ALL QUESTIONS CARRY EQUAL MARKS. (5\*12=60)**

**UNIT I**

Q.1 Counseling is a very scientific process of helping individuals? Comment on the statement

**OR**

Q. Discuss the contribution of mental Health movement and standards test along with role of two world wars in the development of counseling.

**UNIT II**

Q. 2 What do you mean by behavioral therapy? What are various types of behavioral therapy?

**OR**

Q. Mindfulness is becoming popular therapy in counseling. Comment on the statement

**UNIT III**

Q. 3 Discuss the role of psycho-social factors in causing the problem? Also explain why these factors assume importance in counseling process.

**OR**

Q. Critically analyse the various guidelines that need to be followed during counseling process.

**UNIT IV**

Q. 4 Discuss the role of a counselor acts as a developmental consultant?

**OR**

Q. Communication Skills are important for the effective counseling process? Comment on the statement.

**UNIT V**

Q.5 How has information technology shaped the process of counseling over a period of time.

**OR**

Q. Write a detailed note on the role of employment counseling in the modern capitalistic world.