

DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK  
CENTRAL UNIVERSITY OF JAMMU  
END SEMESTER EXAMINATION  
Semester IV (2017)

Roll No:

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Course No.: PGSSW4I001T

Course Title: Counselling

Maximum Marks: 100

Time: 3 hrs

Section A contains 10 MCQs and all are compulsory.  $10 \times 1.5 = 15$

Section B contains 10 short answer questions of 8 marks each with internal choice.

Any 5 should be attempted.  $5 \times 8 = 40$

Section C contains 5 long answer questions of 15 Marks each. Any 3 should be attempted.  $3 \times 15 = 45$

SECTION A

1. Identify the type of counselling used

Defining Problem • Free expression of feelings • Insight development • Classification of feelings  
• Termination

(a) Directive (b) Non-directive (c) Eclectic (d) Motivational

2. Which is the negative trait of the counsellor

(a) Empathy (b) Counter transference (c) authority (d) charging fees

3. The acronym ACT stands for

(a) Acceptance and communication therapy (b) Acceptance and critical therapy  
(c) Acceptance and care therapy (d) Acceptance and commitment therapy

4. Behaviour Modification theory is propounded by

(a) Fritz Pels (b) Murray Bowen (c) Albert Allis (d) B F Skinner

5. Identify the psycho social factors that define the problem of the client

(a) gender discrimination (b) educational status  
(c) economic condition (d) All of the above

6. An individual aspires for Love and belongingness needs only when this need is fulfilled

(a) self esteem needs (b) safety needs (c) both a and b (d) self actualisation

7. Fill up the following

\_\_\_\_\_ Wellness is about creating a safe, supportive, inclusive and sustainable community.

(a) Financial (b) Social (c) Cultural (d) Environmental

8. Select the odd one out regarding assessment tests:

(a) Tests are affected by temporary states of fatigue, anxiety, or stress  
(b) Tests are accurate beyond doubt  
(c) Tests purporting to measure the same ability may produce different scores for that ability.  
(d) Test results are dependent on the person's cooperation and motivation

9. Opportunities and choices should be available to all people, regardless of:  
(a) socio-economic class      (b) religion      (c) disability      (d) All of Above

10. Child counselling necessarily involves \_\_\_\_\_

- (a) child
- (b) parents
- (c) teachers
- (d) only a and b

### Section B

#### Unit-I

1. List out the positive and negative attributes of a counsellor.

OR

2. Define counseling and analyse the definition in the light of the functions performed by a counselor.

#### UNIT-II

3. Explain the Solution-focused brief therapy.

OR

4. Discuss the Family Systems Therapy.

#### UNIT-III

5. What are the major considerations in counsellor-client relationship?

OR

6. Explain the following concepts  
a. Referred Problem.  
b. Program development

#### UNIT-IV

7. Write a note on  
a. Consultation  
b. Counsellor as developmental consultant

OR

8. How can Assessment tests prove useful in rendering services to clients?

#### UNIT-V

9. Describe following concepts:  
c. Stress management  
d. Career counselling

OR

10. Write on the role of counsellor in context with family conflict of a married couple.

### Section C

1. Explain Counselling and discuss its types.
2. Discuss the reality therapy in detail.
3. Write on the use of research in Counselling.
4. How is counselling helpful in prevention and wellness?
5. Discuss the counselling process in the following areas-
  - a. Parenting
  - b. Child and adolescent counselling