

**CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN**  
**SEMESTER END EXAMINATION, APRIL 2020**  
**SEMESTER: VI of B. A PAPER CODE: PSC 110**  
**SUBJECT: COUNSELLING PSYCHOLOGY I**

Total marks: 30      Date: 07/08/2020      Duration: 02 hours      Pages: 1 of 1

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**Instructions:** 1) All questions are compulsory  
2) Figures to the right indicate marks

1. Write a short note on **any five** of the following in about **150** words      **(2X5 =10)**

- i. The first counselling meeting with a client
- ii. Why should there be no ambiguity in the counseling process?
- iii. Explain an authoritarian perspective of the personality structure
- iv. According to behaviorism what are the basic concepts that are involved in all types of learning?
- v. Discuss why Ginzberg Theory of Occupational Choice is also a developmental theory
- vi. Dealing with the death of a dear departed kin.
- vii. Dance therapy
- viii. The advantages of meditation

2. Answer **any four** of the following question in about **350** words      **(5x4=20)**

- i. After building rapport with the client what are the stages of counselling process?
- ii. What are some of the important things be kept in mind while choosing a counsellor?
- iii. Discuss a therapeutic plan for a client to stop smoking marijuana.
- iv. Discuss the relevance of family counselling
- v. Challenges faced in dealing with a sudden emergency rescue of a potential suicide attempt
- vi. Can counseling be done effectively during a lockdown? Discuss how.