

**CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN,
NUVEM- GOA**

B.A. CBCS Semester VI Examination, July 2021

PSYCHOLOGY GENERAL/ HONOURS

Paper Code: Name: PSC 110: Counseling Psychology

Max Marks: 30

Duration: 02 Hours

Total No of Pages: 01

Q1. Write a note on the following in not more than 150 words: (Any 05) 02 marks each

1. Why is effective listening considered an important skill of a counselor?
2. What are the essential personality characteristics of a counselor?
3. Differentiate between the behavioristic and humanistic approach to counseling.
4. Suggest strategies to boost a child's self – esteem.
5. How is vocational counseling done?
6. List the disadvantages of Technology Mediated Counseling.
7. Name the benefits of Yoga.
8. List the conditions that can be treated using expressive arts therapy.

Q2. . Write a note on the following in not more than 350 words: (Any 04) 05 marks each

1. Describe the steps in the counseling process.
2. According to Rogers, how does one's self – concept develop?
3. Discuss the goals of family counseling.
4. Prisca has lost her mother and is experiencing deep grief. As a counselor, identify the counseling approach and describe the method?
5. Briefly describe the stages of group counseling.
6. Using online technology, how can a counselor develop a therapeutic relationship with his/her client?