

**M.A. (PSYCHOLOGY) EXAMINATION, JANUARY 2021**

**PLO 308: COUNSELLING ACROSS THE LIFESPAN**

**Duration: 2 Hours**

**Total Marks: 40**

**Instructions:**

- 1) Read each question carefully.**
- 2) Write the correct question number.**
- 3) Each question carries 10 marks.**

**Q.NO. I**

- A. What strategies would you employ to foster resilience in children experiencing developmental disruptions?

**OR**

- B. What factors in your life have influenced your self-esteem? Relate your answer to Bronfenbrenner's ecological systems theory.

**Q.NO. II**

- A. Discuss the importance of physical activity and healthy diet in adolescence.

**OR**

- B. Examine the barriers to identifying and responding to girls' health needs.

**Q.NO. III**

- A. What counselling approach would you use with midlife individuals in career transitions?

**OR**

- B. How would you work with relational issues in counselling young adults?

**Q.NO. IV**

- A. What is positive aging? Examine the specific features of a positive ager.

**OR**

- B. Explain the assessment and treatment of common conditions affecting older adults.