

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

SEMESTER END EXAMINATION, JUNE 2022

Semester: VI OF BA

Course Title: Counseling Psychology Course Code: PSC 110

Total marks: 80 Date: Duration: 02 Hours Total No of pages: 01

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

Q1. A. Write Short Notes on Any 02: **(02X05)**

- 1) Goals accepted by most professional counselors.
- 2) Effective listening in the process of counseling.
- 3) Personal characteristics of a counselor.

Q1. B. Answer Any 01: **(01X10)**

- 1) Articulate on the ethical standards that needs to be maintained in the counselling profession.
- 2) Elaborate on the skills needed to be brought into a one-to-one counseling session.

Q2. A. Write Short Notes On Any 02: **(02X05)**

- 1) Major categories of counselling therapies.
- 2) Behavioral Modification.
- 3) Rational Emotive Therapy (RET).

Q2. B. Answer Any 01: **(01X10)**

- 1) Explain the Humanistic Approach in counselling.
- 2) Describe the Cognitive Approach as a technique used in the counselling process

Q3. A. Write Short Notes on Any 02: **(02X05)**

- 1) Strategies to build healthy self – esteem.
- 2) Approaches to deal with children who lie.
- 3) Crisis Intervention.

Q3. B. Answer Any 01: **(01X10)**

- 1) Describe the goals of family counselling.
- 2) Discuss the process of forming a group in group counselling.

Q4. A. Write Short Notes On Any 02: **(02X05)**

- 1) Practical skills of a counsellor.
- 2) Important concepts that are central to the Freudian point of view.
- 3) Conducting a pre-group session.

Q4. B. Answer Any 01: **(01X10)**

- 1) What is technology-based counselling? List its advantages and disadvantages.
- 2) Describe the importance of privacy and confidentiality when using Technology Mediated Counselling and the importance of forming a therapeutic relationship online.