

D.K.M COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE-1

B.SC PSYCHOLOGY - III YEAR

COUNSELING AND GUIDANCE

UNIT – 1 INTRODUCTION

2 Marks Questions

1. Define counseling.
2. What is psychotherapy?
3. What is grief counseling?
4. What is individual counseling?
5. What is group counseling?
6. Who is counselee?
7. Who is counselor?
8. What is Hypnotism?
9. What is rehabilitation counselor?

5 Marks Questions

1. Write the difference between counseling and psychotherapy.
2. Explain how the counseling as helping relation.
3. Discuss how counseling solution to human problems.

10 Marks Questions

1. Elucidate the important periods in development of counseling.
2. Explain the different types of related fields of counseling.

UNIT – II APPROACHES TO COUNSELING

2 Marks Questions

1. What is psycho analysis.
2. What is non directive counseling.
3. What is directive counseling.
4. What is REBT.
5. What is sub conscious.
6. What is cognitive.
7. What is ID.
8. What is ego.
9. What is super ego.

10. What is CBT.

5 Marks Questions

1. Write short note on Psycho analytic approach of counseling.
2. Write short note on Humanistic approach of counseling.
3. Write short note on Behavioral approach of counseling.
4. Write short note on eclectic approach of counseling.
5. Write short note on cognitive approach of counseling.
6. Write short note on existential approach of counseling.

10 Marks Questions

1. Explain any two approaches of counseling.

UNIT – III COUNSELING PROCESS

2 Marks Questions

1. Name any four skills of a counselor.
2. What is rapport building.
3. What is observation.
4. What is self disclosure.
5. Name some factors affecting counseling process.
6. What is assessment.
7. What is empathy.
8. What is congruence.

5 Marks Questions

1. Discuss the preparation steps to be followed by a counselor.
2. Write short note on counselor interaction.
3. Explain the different skills required by a counselor.
4. Enumerate the qualities of an effective counselor.

10 Marks Questions

1. Describe the sequential process of counseling.
2. Explain the variables affecting the counseling process.

UNIT – IV EDUCATIONAL AND VOCATIONAL GUIDANCE

2 Marks Questions

1. What is guidance.
2. What is aptitude.
3. What is educational counseling.
4. What is vocational guidance.
5. What is achievement.
6. What is advice.
7. What is referral.
8. What is anecdotal records.

5 Marks Questions

1. Describe the role of counseling in guidance.
2. Explain the guidance needs related to education.
3. Write short note on aptitude and interest.
4. Write short note on vocational guidance.

10 Marks Questions

1. Explain briefly on guidance at different stages of school level.
2. Explain the vocational counseling process in detail.

UNIT – V COUNSELING OF SPECIAL GROUPS

2 Marks Questions

1. List down some special groups need counseling.
2. What is relationship counseling.
3. What is poly substance abuse.
4. Name some workplace issues need counseling.
5. Give acronym AIDS.
6. List down the types of differently abled persons.
7. What is self identity.
8. What is social network addiction.
9. Name some of the behavior types of suicide.
10. Who is adult.
11. What is homicide suicide.

5 Marks Questions

1. Write short note on relationship counseling.
2. Explain the importance of women counseling.

3. Discuss the need of counseling to older adults.
4. Explain how to give counseling to the poverty people.
5. Discuss how to give counseling to social network addiction people.

10 Marks Questions

1. What is workplace issues Explain the need and importance of workplace counseling.
2. Explain how to give counseling to different abled and their care givers.