

DKM COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE-1

QUESTION BANK (III B.SCPSYCHOLOGY)

SCHOOL COUNSELING

UNIT – I INTRODUCTION - SCHOOL COUNSELING

SECTION-A 2 Marks

1. Define school counseling
2. Who is school counselor
3. Mention few roles of school counselor
4. What is System support
5. List down few characteristics of school counselor
6. Name the four different grade level in school counseling
7. What are the steps involved to conduct a counseling session
8. List down the different areas of counseling.

SECTION-B 5 Marks

1. Discuss the need of school counseling
2. Explain the scope of school counselor
3. Write briefly about the development of school counseling
4. Describe the role of a school counselor
5. Explain the counselor and counsele relationship
6. Enumerate the characteristics of a school counselor
7. Explain how to give counseling to the elementary grade level students
8. Explain how to give counseling to the primary and higher secondary students
9. Bring out the steps in counseling process

SECTION-C 10 Marks

1. Explain how to give counseling to different grade level of students
2. Describe the role and functions of school counseling
3. Explain the need and importance of school counseling

UNIT – II ISSUES AMONG ADOLESCENTS

SECTION-A 2 Marks

1. Define identity crisis

2. Who proposed psycho analytic theory of psycho social development
3. How many stages involved from infancy to adulthood
4. What is pseudo identity
5. What is ego integrity
6. Name the four process of identity crisis given by Marcia
7. What is identity diffusion
8. What is moratorium
9. What is parental separation
10. Who is a step parent
11. What is family therapy
12. What is bereavement
13. What is grief therapy

SECTION-B 5 Marks

1. Write short note on Trust Vs Mistrust of identity crisis
2. Explain the Erikson's theory of identity crisis
3. Explain the four process of adolescent development proposed by Marcia
4. Discuss how the counselor deal with the students with parental separation problem
5. What are the different therapy available for the students with step parent problem.
6. What are the steps to be followed by the students to overcome relationship loss.

SECTION-C 10 Marks

1. Explain the various stages of Erikson theory and Marcia theory of identity crisis
2. Give a detail note on bereavement counseling
3. Explain the various measures to overcome the student problem of parental separation

UNIT – III NEGATIVE BEHAVIOR

SECTION-A 2 Marks

1. what is bullying
2. What is school bullying
3. Give some example for negative behavior of students
4. Mention few types of bullying in schools
5. What is covert bullying

6. What is STAC strategies
7. What is CBT
8. What is physical abuse
9. What is verbal abuse
10. What is self destructive behaviour
11. What is aggressive behavior
12. What is anger management
13. What is drug abuse

SECTION-B 5 Marks

1. Explain the different types of bullying in schools
2. Discuss the various causes of school bullying
3. Write short note on CBT
4. Explain the psychological issues in verbal abuse
5. Explain the different types of aggression
6. Discuss the strategies to overcome anger management for children
7. Explain the various reasons why student addicted to drug and smoking
8. Explain the physical and psychological sign of drug abuse

SECTION-C 10 Marks

1. Elaborate the different types and causes of school bullying. Explain how counseling helps to overcome this problem
2. What is the difference between aggressive and violent behavior. Explain the various therapies to control aggressive behavior.
3. Give a detail account on anger management therapy
4. Why do people smoke discuss the effects of smoking

UNIT – IV BUILDING SELF

SECTION-A 2 Marks

1. List down few academic problem faced by students
2. What is self esteem
3. What is personality development
4. What is gestalt therapy
5. What is person centered therapy

6. What is bipolar disorder
7. What is suicidal thoughts
8. What is grief
9. What is sexually abused

SECTION-B 5 Marks

1. Explain the various symptoms of depression
2. What are the common reason for the development of depression
3. Explain the various types of depression
4. Discuss the most common triggers for suicidal thought
5. Explain some of the coping strategy to overcome suicidal thoughts
6. How to give counseling for suicidal thoughts
7. Write short note on self help techniques
8. Describe the various academic problem of students
9. Discuss the symptoms of high and low self esteem
10. Explain the big five personality trait
11. Explain how the parent role to enhance their childrens personality developments

SECTION-C 10 Marks

1. Explain how counseling helps to raise low self esteem
2. Discuss the various therapies used for a depressed students
3. Describe the various academic problem faced by the students and how counseling helps to solve it

UNIT – V MEANING IN LIFE

SECTION-A 2 Marks

1. What is life
2. What is the purpose of life
3. List down the four elements involved in the purpose of life
4. What is short term goal
5. What is long term goal
6. What are the steps involved to set a goal

SECTION-B**5 Marks**

1. Explain the understanding the purpose of life
2. Explain the need and importance for the purpose of life
3. Explain the main experiences that encourage the meaning and purpose of life
4. How to identify the potential
5. Why is it important to set a smart goal
6. What are the steps to be taken to set a goal
7. Write short note on short term goal
8. Write short note on long term goal
9. Write the difference between short term and long term goal

SECTION-C**10 Marks**

1. What is potential? How to identify the potential setting goal
2. Elaborate the contribution of work in family, school and society in detail
3. Explain the need and importance of purpose of life