

SEAT No. \_\_\_\_\_

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SARDAR PATEL UNIVERSITY

S.Y.B.A. (THIRD SEMESTER) (Advanced) (CBCS) EXAMINATION 2021

Monday, 11<sup>th</sup> January 2021

Time: 10.00 to 12.00 a.m.

UA03GEP23: Counselling and Guidance - I

Total Marks: 60

Q.1 Multiple Choice Questions. (Each carries one mark)

(20)

1. Warm, friendly understanding condition which is essential for an effective relationship between the client and the counselor.  
a. Rapport                      b. transference                      c. attitude                      d. relationship
2. Which of the following is a situation where it is appropriate for a therapist to breach confidentiality?  
a. spouse inquiry                      b. court order  
c. insurance company order                      d. relative asks a question
3. \_\_\_\_\_ is client centered approach  
a. Directive      b. Non-Directive      c. Analytical      d. All above
4. Which of the following is the most important ingredient for successful counselling or therapy?  
a. the therapist's support of the client                      b. the number of sessions  
c. the type of therapy                      d. the client's age
5. \_\_\_\_\_ psychology helps the teacher to understand his pupils, whose education or training is his responsibility.  
a. Child      b. Clinical                      c. Developmental      d. Educational
6. A person's career includes many significant events and experiences but in which areas has work psychology been able to make a contribution?  
a. Career counselling                      b. Career choice                      c. Mentoring      d. All of the above
7. Counseling psychology differs from clinical psychology in that  
a. it is more concerned with the treatment of inpatients  
b. it is more concerned with severe behavior pathology  
c. it is more concerned with everyday problems in living  
d. all of the above.
8. According to Rogers, the ability of the therapist to share the client's emotions is an important process called  
a. reflection      b. empathy                      c. catharsis                      d. transference
9. Counselling is a profession that aims to:  
a. Promote personal growth and productivity  
b. Provide a successful diagnosis in psychopathology.  
c. Ensure that clients are on the correct medication.  
d. Solely address behavior.
10. Empathy involves:  
a. Feeling sorry for someone.                      b. Putting others before yourself  
c. Putting yourself in someone else's shoes      d. Putting yourself before others
11. \_\_\_\_\_ is counselor centered approach  
a. Directive                      b. Non-Directive                      c. Analytical                      d. All above

(1)

[P.T.O.]

12. Counselling leads to changes in \_\_\_\_\_  
 a. thoughts                      b. behaviour                      c. perception                      d. all above
13. Guidance is a kind of advice or \_\_\_\_\_  
 a. help                      b. support                      c. orientation                      d. none of this
14. which is the biggest challenge in India in term of counselling field  
 a. money                      b. poverty                      c. awareness                      d. education
15. which is not the field of counselling  
 a. advertisement                      b. clinical                      c. education                      d. human resource
16. \_\_\_\_\_ is most appropriate word for physical setting in counseling?  
 a. Beautiful                      b. Attractive                      c. Comfort                      d. Effective
17. The non-directive approach of counseling is given by  
 a. Sigmund Freud                      b. Carl Rogers                      c. B.F. Skinner                      d. Charles Darwin
18. When beginning a counseling relationship, you are ethically required to  
 a. patient of the limits of confidentiality.  
 b. explain that everything said in your sessions will remain confidential.  
 c. keep a detailed record of what is said during each session  
 d. write very few details of what is said in your session
19. When counselor should end the professional relation with client  
 a. after making him confident                      b. after making him self-centered  
 c. after making him fully functioning                      d. all of these
20. What is the first step of client towards counseling process?  
 a. approaching counselor                      b. adjustment  
 c. awareness of problem                      d. coping with problems

Q.2 Give meaning of counselor and describe importance of counseling. (15)

OR

Q.2. Explain Directive and non-directive approach of counseling in detail.

Q.3. Write **any five** short notes. (25)

- A. Relationship between client and counselor
- B. Ethics in counselling
- C. Goals of counselling
- D. Skills of counselor
- E. Psychodynamic approach of counselling
- F. Preparation for counselling
- G. Career counselling
- H. Professional issues
- I. Follow up
- J. Types of counselling

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