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SARDAR PATEL UNIVERSITY

B.A. (THIRD SEMESTER) (Advanced) (CBCS) EXAMINATION 2019

Wednesday, 4th December, 2019

Time: 10.00 to 12.00 a.m.

UA03GEPS23: Counselling and Guidance-I

Total Marks: 60

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

(15)

1. _____ is most appropriate word for physical setting in counseling?
a. Beautiful b. Attractive c. Comfortable d. Effective
2. The directive approach of counseling is given by
a. Sigmund freud b. Carl rogers c. B.f. Skinner d. Charls darvin
3. 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.
4. The interviewer should strive for establishing rapport- a relationship of confidence, trust and mutual appreciation.
a. True b. False
5. As you begin a counseling relationship, it is important to
a. patient unaware of your counseling plan.
b. gives the patient little or no choice in the direction of counseling as it could prove detrimental to the therapeutic process.
c. jointly decides, between patient and counselor, how the counseling process will proceed.
d. answer as few of the patient's questions as possible until the direction of the therapeutic process is naturally revealed during the initial hour.
6. Non directive approach of counseling is given by
a. Carl Rogers b. Sigmund Freud c. B.f. Skinner d. Charls darvin
7. 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.
8. What is the first step of client towards counseling process?
a. approaching counselor b. adjustment
c. awareness of problem d. coping with problems
9. What counseling is?
a. Problem solving b. showing right direction
c. giving information d. All of these

(P.T.O.)

10. Counseling process gets affected by Counselor variable(s) _____.
 a. Age of Counselor b. Experience of counselor
 c. Gender of counselor d. All of above
11. Identify the most essential skill for counselor from options below
 a. Interpersonal relationship skills
 b. understating ability
 c. Practical skills
 d. Ethical standards
12. First goal of counseling is?
 a. Relief b. Management c. Experiment d. Dependent
13. Counseling process gets affected by Counselor variable(s) _____.
 a. Age of Counselor b. Experience of counselor
 c. Gender of counselor d. All of above
14. The directive approach is also called as
 a. Psychoanalytic b. non directive c. direct approach d. all of these
15. In counseling _____ is most important aspect.
 a. Counselor b. Counselee c. Relationship d. None

Q.2. What is counseling? Describe various goals of Counselling. (15)

OR

Q.2. Explain Humanistic approach of counselling.

Q.3. Describe directive and non-directive approach of counseling. (15)

Or

Q.3. Illustrate counselling process in detail.

Q.4 Write any two short notes. (15)

1. Relationship between client and counselor
2. Ethics of counselor
3. Skills of counselor
4. Behavioural approach of counselling

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