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SARDAR PATEL UNIVERSITY

M. Sc. (H.Sc.) First Semester (Human Development)

External Theory Examination

PH01E HUD 01 Principles of Guidance and Counseling

Date: 7/12/2012 (Friday)

Total Marks: 70

Time: 10.30 a.m. to 1.30 p.m.

Q. 1 Select the right answer from the following:

(8)

- 1) Multicultural counseling refers to
 - a) Counsellor and counselle from the same culture
 - b) Counsellor and counselle from the different culture
 - c) Counsellor and counselle
 - d) None of the above

- 2) Person centered therapy is also known as
 - a) Psychoanalysis
 - b) Behavior therapy
 - c) Rogerian therapy
 - d) All of the above

- 3) Eclectic counseling includes the counseling technique of
 - a) Directive and nondirective counseling
 - b) Individual and group counseling
 - c) Family therapy
 - d) All of the above

- 4) Developmental disorder in which reading achievement is substantially lower than predicated IQ or age.
 - a) Insomnia
 - b) Dyslexia
 - c) Blindness
 - d) All of the above

- 5) The ability to feel what the client feels is called
- Sympathy
 - Ambition
 - Empathy
 - All of these
- 6) Marriage counseling includes
- Husband wife relationships
 - Pre marital problems
 - Post marital problems
 - All of the above
- 7) Therapeutic approach in which a child plays freely while a therapist observes and occasionally comments, asks questions, or make suggestions
- Cognitive therapy
 - Play therapy
 - Gestalt therapy
 - All of the above
- 8) Repetitive, persistent pattern of aggressive, antisocial behavior violating societal norms or the rights of others is called
- Eating disorder
 - Amnesia
 - Conduct disorder
 - All of the above

Q-2 Answer in short (any seven)

(14)

- 1) Give the definition of "Counselling".
- 2) Define therapy and its uses.
- 3) Give the need of guidance and counseling.
- 4) Why Termination is used in the counseling process?
- 5) Explain the need of Follow up in the counseling process.
- 6) Explain the term Social phobia.
- 7) What is Anxiety?
- 8) Enlist the institutions where a counselor can get a job.
- 9) Give the concept of family therapy.

Q.3 A) Give the differences between guidance and counseling. (6)

Q.3 B) Discuss in brief about Directive and Non-directive counseling. (6)

OR

B) What is the influence of culture in the counseling process? (6)

Q.4 A) Describe the types of counseling used for psychological disorders of adolescent stage. (6)

Q.4 B) Give the therapies used for problems arising in childhood period. (6)

OR

B) What are the areas where counseling is needed during late adulthood period? (6)

Q.5 A) Write a note on psychoanalysis. (6)

Q.5B) What are the principles of counseling? (6)

OR

B) Describe the therapeutic process of behavior therapy. (6)

Q.6 A) State the skills and qualities required to become an effective counselor. (6)

Q.6 B) What is the need of Rapport building and Assessment in counseling? (6)

OR

B) Discuss the Implementation of Action plan of the counseling process. (6)

—X—X—X—