

**MA SOCIOLOGY
FOURTH SEMESTER
COUNSELLING & GUIDANCE
MSO-404 A**

Duration: 3 Hrs.

Marks: 70

{ Part: A (Objective) = 20 }
{ Part: B (Descriptive) = 50 }

[PART-B : Descriptive]

Duration: 2 Hrs. 40 Mins.

Marks: 50

[Answer question no. One (1) & any four (4) from the rest]

1. Compare and contrast the relationship and differences between Counseling and Guidance. (5+5=10)
2. Define Interview as an important tool of Guidance. Write its advantages in the counseling process. (3+7=10)
3. Define the term 'Under Achievers.' Explain the process of guiding these children. (3+7=10)
4. Explain the Counseling Process with the help of the various stages involved in it. (5+5=10)
5. Define the 'Learning Disabled' children. State the process of guiding these children. (4+6=10)
6. Give a comparative analysis of skills and qualities of a counselor. (5+5=10)
7. Critically discuss the concept of Stress Management in Counseling. (10)
8. State the common problems of married couples and steps in Marriage Counselling. (4+6=10)

== *** ==

MA SOCIOLOGY
FOURTH SEMESTER
COUNSELLING & GUIDANCE
MSO-404 A

[PART-A : Objective]

Choose the correct answer from the following:

1×20=20

1. Which one of the following does not define counseling?
 a. Counseling is both an art and a science, requiring intellect and intuition.
 b. Counseling is an unintentional, unambiguous relational process.
 c. Counseling is unique in its focus.
 d. Counseling a helping relationship.
2.is the assistance made available by qualified and trained persons to an individual of any age to help him to manage his own life activities, develop his own points of view, make his own decisions and carry on his own burdens.
 a. Guide
 b. Guidance
 c. Help
 d. Problem solving
3.is a process of enabling the individual to know himself and his present and possible future situations in order that he may make substantial contributions to the society and to solve his own problems through a face to face relationship with the counselor.
 a. Counseling
 b. Therapy
 c. Theory
 d. None
4. Psychodynamic counseling evolved from the work of.....
 a. Sigmund Freud
 b. Karl Marx
 c. Emile Durkheim
 d. All the above
5. This therapy is a form of cognitively-oriented behavioral therapy and is based on the assumption that human beings are born with a potential for both rational or straight thinking, and irrational or crooked thinking.
 a. Rational Therapy
 b. Counseling Therapy
 c. Rational-Emotive Therapy
 d. None

6. Who is the founder of Rational-Emotive therapy?
 a. Albert Elis
 b. Marx
 c. All the above
 d. None of the above
7. The..... Approach to Counselling focuses on the assumption that the environment determines an individual's behaviour.
 a. Functional
 b. Behavioural
 c. Structural
 d. Emotional
8. The term..... Therapy was first used as the title of a book in 1951, written by Fritz Perls.
 a. Emotional
 b. Rational
 c. Gestalt
 d. Social
9. The term derives its meaning from the word 'guide' which refers to a person who shows the way.
 a. Counseling
 b. Therapy
 c. Guidance
 d. All the above
10. Which one of the following is the final step of counseling process?
 a. Follow up
 b. Analysis
 c. Synthesis
 d. Prognosis
11. What does CBVEG stands for?
 a. Central Bureau of economic guidance
 b. Central Bureau of educational and vocational guidance
 c. All the above
 d. None
12. Directive Counseling is also known as:
 a. Crisis Counseling
 b. Promotional Counseling
 c. Prescriptive Counseling
 d. None
13. Directive Counseling was founded by:
 a. E.G. Williamson
 b. Emile Durkheim
 c. Max Weber
 d. Karl Marx

14. Carl Rogers is the chief exponent ofcounseling.
 a. Personal b. Non directive
 c. Group d. All the above
15. is a technique where a group of persons is counselled by applying group interaction method with the purpose of arriving at a solution to the problem common to the group.
 a. Group counseling
 b. Individual counseling
 c. Eclectic counseling
 d. None
16.is the exponent of Eclectic counseling.
 a. Eric b. Maria
 c. F.C. Thomas d. Merton
17.are those who stand out as a distinct set from other students in a class and therefore they require special attention.
 a. Special learners
 b. Backward learners
 c. Slow learners
 d. All the above
18. The called "talking therapy" involves analyzing the root causes of behavior and feelings by exploring the unconscious mind and the conscious mind's relation to it, is also called:
 a. Humanistic
 b. Psychoanalytic
 c. Cognitive
 d. Personal
19. Themodelling process involves finding out about how the brain ("Neuro") is operating by analyzing language patterns ("Linguistic") and non-verbal communication.
 a. Neuro- Linguistic Programming
 b. Cognitive
 c. Rational Emotive therapy
 d. Person Centered
20.is also called couples therapy, is a type of psychotherapy which also helps couples of all types recognize and resolve conflicts and improve their relationships.
 a. Educational counseling
 b. Career counseling
 c. Marriage counseling
 d. All the above

== *** ==

UNIVERSITY OF SCIENCE & TECHNOLOGY, MEGHALAYA



Question Paper CUM Answer Sheet

[PART (A) : OBJECTIVE]

Serial no. of the main
Answer sheet

Course :

Semester : Roll No :

Enrollment No : Course code :

Course Title :

Session : 2016-17 Date :

Instructions / Guidelines

- > The paper contains twenty (20) / ten (10) questions.
- > The student shall write the answer in the box where it is provided.
- > The student shall not overwrite / erase any answer and no mark shall be given for such act.
- > Hand over the question paper cum answer sheet (Objective) within the allotted time (20 minutes / 10 minutes) to the invigilator.

Full Marks	Marks Obtained	Remarks
20		

.....
Scrutinizer's Signature

.....
Examiner's Signature

.....
Invigilator's Signature