

BA PSYCHOLOGY
Fifth Semester
COUNSELING PSYCHOLOGY
(BPY - 22)

Duration: 3Hrs.

Full Marks: 70

Part-A (Objective) =20
Part-B (Descriptive) =50

(PART-B: Descriptive)

Duration: 2 hrs. 40 mins.

Marks: 50

Answer any *five* of the following questions:

1. Define counselling. What sorts of goals are accomplished in counseling process?
How counseling and guidance differs? (2+5+3=10)
2. Mention the qualities of an effective counselor. Suggest some appropriate ways to maintain effectiveness of a counselor. (5+5=10)
3. Write a note on psychoanalysis as an approach of counseling. (10)
4. What are the essential conditions for counseling? (10)
5. What do you mean by resistance? What are the functions of resistance? How resistance can be controlled? (2+3+5=10)
6. Explain any one stage of counseling in details. (10)
7. Describe the relationship between counselor and counselee. State the ethical issues of counseling. (5+5=10)
8. Write short notes on silence as communication. Discuss the client expectation regarding counseling. (5+5=10)

BA PSYCHOLOGY
Fifth Semester
COUNSELING PSYCHOLOGY
(BPY - 22)

Duration: 20 minutes

Marks – 20

(PART A- Objective Type)

I. Fill in the blanks:

1×5=5

- a) Initiative refers to _____ thought of motivation to change.
- b) Full form of SOLER _____.
- c) A _____ client is one who has been referred by a third party and is frequently not motivated to seek help.
- d) Psychotherapy has its roots in _____ and _____.
- e) _____ is another quality of counselor's behaviour that becomes important in the second stage of counseling.

II. Choose the correct answer:

1×5=5

- a) CACREP was formed in the year:
i. 1980 ii. 1920 iii. 1930 iv. 1900
- b) APA is known by:
i. American psychological Association.
ii. American Psychiatric Association.
iii. American Physiological Association.
iv. All of the above.
- c) In which year American Personal and Guidance Association was found?
i. 1950 ii. 1940 iii. 1930 iv. 1900
- d) Confrontation is a technique of :
i. Humanistic approach ii. Psychoanalytic approach
iii. Existentialistic approach iv. All of the above
- e) Which is not a method of handling resistance?
i. Diversion technique ii. Insight
iii. Disregarding iv. Follow up

III. Write true or false:

1×5=5

- a) Standardization refers to reform condition under which a test is administered.
- b) APA was established in the year 1945.
- c) National vacancy and guidance association is the full form of NVGA.
- d) Failure to understand the basic nature of counseling leads to unrealistic demands and annoying disappointments.
- e) Guidance is the process which focuses on helping client to bring desirable change.

IV. Answer the following:

1×5=5

a) What is the use of diagnosis?

b) What is dis-identification?

c) What is probe?

d) Which approach employs the technique of empty chair?

e) Which is a friendly concern to help an individual to develop a positive outcome?
