

BA SOCIOLOGY
6TH SEMESTER
COUNSELING & GUIDANCE
BSO- 29

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. Explain the need and importance of Counseling in the present context. 5+5=10
2. Give a detailed description of the Stages and process of Counseling. 5+5=10
3. Define the term Drug Addiction. Discuss the process of Drug Addiction counseling. 3+7=10
4. Define HIV. Explain the process of counseling of the HIV/AIDS patients. 3+7=10
5. Mention the major family problems. Discuss the steps of Family Counseling. 4+6=10
6. Throw some light on the role of marriage and couple counseling in the present context. 2+2+3+3=10
7. Critically discuss the qualities of a good and effective counselor in the process of counseling. 10
8. Discuss the effectiveness of Yoga and Meditation as important indigenous approaches of counseling. 5+5=10

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[PART-A : Objective]

Choose the correct answer from the following:

1X20=20

1. The term derives its meaning from the word 'guide' which refers to a person who shows the way.
 a. Counselling
 b. Therapy
 c. Guidance
 d. All the above
2. What does RET stands for?
 a. Rational Emotive Therapy
 b. Russian Emotional Theory
 c. All the above
 d. None
3. What does PCT stands for?
 a. Personal Crime Theory
 b. Person Centred Therapy
 c. Partial Centered Theory
 d. All the above
4. Who is the chief exponent of Eclectic Counseling?
 a. F.C.Thomas
 b. Merton
 c. Darwin
 d. None
5. Name the chief exponent of Directive Counseling?
 a. Marx
 b. Weber
 c. E.G. Williamson
 d. Durkheim
6. also called couples therapy, is a type of psychotherapy. Which helps couples of all types recognize and resolve conflicts and improve their relationships:
 a. Family Counseling
 b. Drug Abuse Counseling
 c. Personal Counseling
 d. Marriage counseling

7.is a chronic, relapsing disorder in which compulsive drug-seeking and drug-taking behavior persists despite serious negative consequences.
 a. Typhoid
 b. Drug addiction
 c. Malaria
 d. Cholera
8. Couples seek marriage counseling to improve arelationship.
 a. Troubled
 b. Happy
 c. Personal
 d. Emotional
9.is a state of emotional exhaustion, that results when the counselor has reached his or her limit to deal with HIV and the emotional stress it causes:
 a. Supervision
 b. Counseling
 c. Burnout
 d. Stigma
10. counseling is a confidential dialogue between a client and a counselor aimed at enabling the client to cope with stress and take personal decisions related to HIV/AIDS.
 a. Drug abuse
 b. HIV
 c. Drug addiction
 d. Trauma
11. The World Health Organization (WHO) describes.....as a term that refers to a huge spectrum of impairments, activity limitations and participation restrictions.
 a. Drug abuse
 b. Trauma
 c. Disability
 d. HIV
12. Which one of the following is not a quality of an effective counselor?
 a. Effective Counselors are not concerned about client's welfare
 b. Effective Counselors have an identity
 c. Effective Counselors respect and appreciate themselves
 d. Effective Counselors are open to change
13. The word.....means "yoke" or "unity" translated from Sanskrit, the classical language of India:
 a. Meditation
 b. Yoga
 c. All the above
 d. None

14.is a technique in which the mediator seeks not only to reach a deep state of relaxation, but to quiet the mind.

- a. Meditation
- b. Relaxation
- c. Concentration
- d. Attention

15. The Transcendental Meditation movement founded by..... of India:

- a. Raja Rammohan Roy
- b. Dayadand Saraswati
- c. Maharshi Ved Vyas
- d. Maharshi Mahesh Yogi

16. Exercise and relaxation can reduce feelings ofand keep the body and mind healthy:

- a. Stress
- b. Happiness
- c. Emotions
- d. All the above

17. A client's..... may not be the focus of treatment for a Counselor:

- a. Personality
- b. Ability
- c. Disability
- d. All the above

18.counseling is a short-term intervention, which is appropriate when a person has suffered a traumatic incident.

- a. Trauma
- b. Stress
- c. Disability
- d. None

19. Whether the trauma counseling comes to end through referral or represents the close of one chapter in their life, and the opening of another, effective..... of this relationship is paramount.

- a. Beginning
- b. Formation
- c. Closure
- d. All the above

20. Good counseling skills means.....to solve problems:

- a. Listening before acting
- b. Speaking before acting
- c. Acting without listening
- d. All the above

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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