

**BACHELOR OF SOCIAL WORK
FIFTH SEMESTER
COUNSELLING & SOCIAL WORK PRACTICE
BSW – 503
(USE OMR FOR OBJECTIVE PART)**

**SET
A**

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

1. _____ are people who listen to others and facilitate in resolving their difficulties.
a. Counselors
b. Lawyers
c. Social Workers
d. None of the above
2. Counseling is a collaborative effort between the counselor and _____.
a. Community
b. Client
c. Student
d. All of the above
3. _____ is usually used interchangeably with Counselling.
a. Case work
b. Group Work
c. Guidance
d. All of the above
4. Counselling is a _____ relationship.
a. Personal
b. Emotional
c. Professional
d. None of the above
5. _____ Counselling caters to the needs arising from the context of education.
a. Educational
b. Career
c. Vocational
d. All of the above
6. Counselling is a _____ which aims at creating therapeutic climate between the counsellor and the clients.
a. Goal
b. Phase
c. Process
d. All of the above
7. _____ goals aim at addressing and resolving the immediate concerns and sufferings of the client.
a. Long term
b. Short term
c. Immediate
d. None of the above
8. _____ Counselling requires an immediate support from a counselor.
a. Crisis
b. Preventive
c. Facilitative
d. Developmental
9. _____ promotes rapport and relationship.
a. Understanding
b. Empathy
c. Talking
d. Sympathy

10. L in SOLER stands for
- a. Listening
 - b. Lean
 - c. Loss
 - d. A & B
11. _____ is the founder of Person-Centered Therapy.
- a. Max Webber
 - b. Carl Rogers
 - c. Maclver
 - d. None of the above
12. Person Centered Therapy is also known as _____.
- a. Rogerian Therapy
 - b. Client Centered Therapy
 - c. A & B
 - d. None of the above
13. The core conditions of counselling as described by Rogers are _____, unconditional positive regard and congruence.
- a. Empathy
 - b. Mobilizing
 - c. Communication
 - d. None of the above
14. REBT stands for:
- a. Rational Emotive Behavior Therapy
 - b. Reading Emotional Behavior Therapy
 - c. Relaxing Emotions Behavior Therapy
 - d. None of the above
15. _____ means that the counsellor is authentic and genuine.
- a. Counselling
 - b. Congruence
 - c. Positive regard
 - d. Genuineness
16. A _____ therapist is at risk of creating unconditional positive disregard.
- a. Burned-out
 - b. Supervised
 - c. Empathetic
 - d. All of the above
17. _____ is required for mental health professionals to prevent burn-out.
- a. Recreation
 - b. Break
 - c. Supervision
 - d. All of the above
18. REBT was developed by
- a. Albert Ellis
 - b. Sigmund Freud
 - c. Carl Rogers
 - d. None of the above
19. The indigenous approaches to counselling include:
- a. Yoga
 - b. Meditation
 - c. Both a & b
 - d. None of the above
20. Which of these are NOT qualities of a good counsellor?
- a. Genuineness
 - b. Congruence
 - c. Empathy
 - d. None of the above

(Descriptive)

Time : 2 hrs. 30 mins.

Marks : 50

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

1. What is Counselling? Discuss on the stages a counsellor undertakes when dealing with a client. 10
2. Elaborate on the skills of counselling with appropriate examples. 10
3. What are the guiding principles required in counselling? 10
4. 'Burnout is common among mental health professionals, impacting the well-being and the successful treatment of their clients'. Discuss. 10
5. What is supervision? Discuss its types and importance. 10
6. Write notes on Person Centered Therapy. 10
7. Elaborate on Rational Emotive Behavior Therapy. 10
8. There are different types of settings in counselling. Discuss on any one of the settings in detail /with suitable case studies. 10

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