

**BA PSYCHOLOGY
FOURTH SEMESTER
COUNSELLING PSYCHOLOGY
BPY – 941 [IDMj]**

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

(Objective)

Time: 30 mins.

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

1. Systematic Desensitization is a counseling technique of.....
 - a. Behaviorism
 - b. Humanism
 - c. Existentialism
 - d. None of the above
2. What is the first step in a counseling process?
 - a. Terminating a relationship
 - b. Forming a relationship
 - c. Working in a relationship
 - d. All of the above
3. Which approach focuses on taking responsibility for creating purpose in our lives?
 - a. Humanism
 - b. Behaviorism
 - c. Existentialism
 - d. All of the above
4. Dream analysis is a technique of.....
 - a. Behavioristic approach
 - b. Existentialistic approach
 - c. Psychoanalytic approach
 - d. Humanistic approach
5. The second stage of counseling process is.....
 - a. Working in a relationship
 - b. Terminating a relationship
 - c. Forming a relationship
 - d. None of the above
6. Referral to another Counselor in counseling happens in.....
 - a. Forming a relationship stage
 - b. Terminating a relationship stage
 - c. Working in a relationship stage
 - d. None of the Above
7. Reinforcement in counseling means.....
 - a. Punishment
 - b. Reward
 - c. Observation
 - d. None of the Above
8. Which approach in counseling is also called client-centered counseling?
 - a. Humanistic Approach
 - b. Behaviouristic Approach
 - c. Psychoanalytic Approach
 - d. Existentialist Approach
9. Which approach of counseling focuses on understanding the unconscious mind to treat psychological problems?
 - a. Behaviouristic Approach
 - b. Humanistic Approach
 - c. Cognitive Approach
 - d. Psychoanalytic Approach

10. The concept of real and ideal self was given by.....
- Sigmund Freud
 - Carl Rogers
 - B.F. Skinner
 - None of the Above
11. The relationship between a counselor and a counselee is characterized by.....
- Warmth
 - Understanding
 - Acceptance and trust
 - All of the above
12. Which of the following is not a principle of counseling?
- Counseling is a process
 - Counseling is advice giving
 - Counseling is for all
 - Counseling is not problem solving
13. Identify the counseling approach- "The counselor provides an atmosphere in which the clients can fully explore their own thoughts and feelings freely without any fear or pressure":
- Eclectic approach
 - Non-directive counseling approach
 - Central hypothesis approach
 - Directive approach
14. Who defined 'Counseling as a learning-teaching process'?
- Steffle (1970)
 - Gustad (1953)
 - Smith (1935)
 - Halm and Mclean (1955)
15. Which of the following is not a desirable quality of a counselor?
- Empathy
 - Genuineness
 - Short temper
 - Positive regard
16.is one of the main component of listening.
- Verbal listening
 - Passive listening
 - Active listening
 - Discriminative listening
17. What is the key to effective counseling?
- Confidentiality
 - Communication
 - Satisfaction
 - Advising
18. Counseling equips clients with.....and strategies to manage life's challenges effectively
- Discussion
 - Suggestions
 - Coping skills
 - Assumptions
19. The approach to counseling in which the therapeutic process is directed along lines considered relevant by the counselor is named as:
- Eclectic counseling
 - Vocational counseling
 - Directive counseling
 - Non-directive counseling
20. Which of the following is not an element of counseling?
- Interview
 - Professional growth
 - Confidence
 - Communication

(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

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| 1. Define Counseling Psychology. Elaborate the nature of counseling Psychology. | 5+5=10 |
| 2. What are the various goals of Counseling Psychology? Elucidate the historical development of Counseling Psychology. | 5+5=10 |
| 3. Elaborate the importance of counseling skills in a counseling session. | 10 |
| 4. What are the various characteristics of a good counselor? Elaborate the ethical and legal issues in a counseling session. | 5+5=10 |
| 5. Explain the process of counseling in detail. | 10 |
| 6. Explain the psychoanalytic approach with its techniques to counseling. | 10 |
| 7. What is Existentialism? Explain the existentialist techniques of counseling in detail. | 2+8=10 |
| 8. Elucidate the behaviouristic techniques of counseling. | 10 |

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