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(FOR THE CANDIDATES ADMITTED

24PSW410

DURING THE ACADEMIC YEAR 2024-2025 ONLY) REG.NO. :

N.G.M. COLLEGE (AUTONOMOUS): POLLACHI

END-OF-SEMESTER EXAMINATIONS: MAY 2026

MSW

MAXIMUM MARKS: 75

SEMESTER: IV

TIME: 3 HOURS

COUNSELLING THEORY AND PRACTICE

SECTION – A (10 X 1 = 10 MARKS)

ANSWER THE FOLLOWING QUESTIONS.

(K1)

1. Which element is essential in the counselling process?

- a) Judgment b) Empathy c) Punishment d) Authority

2. Confidentiality in counseling is mainly related to which ethical value?

- a) Competence b) Integrity c) Respect for client dignity d) Authority

3. Which skill helps the counselor highlight discrepancies between a client's words and actions?

- a) Reflection of feelings b) Focusing c) Confrontation d) Concreteness

4. The Client-Centered Approach in counseling was proposed by: _____

- a) Carl Rogers b) Aaron Beck c) Albert Ellis d) Eric Berne

5. Counseling aimed at helping individuals cope with loss, death and grief is known as: ____

- a) Career counseling b) De-addiction counseling c) Bereavement counseling
d) Family counseling

ANSWER THE FOLLOWING IN ONE (OR) TWO SENTENCES (K2)

6. Define counseling.

7. What is the value of counseling?

8. Define self-disclosure.

9. Explain the eclectic approach.

10. Interpret the purpose of de-addiction counseling.

SECTION – B

(5 X 5 = 25 MARKS)

ANSWER EITHER (a) OR (b) IN EACH OF THE FOLLOWING QUESTIONS. (K3)

11. a) List the meaning of counseling to a practical life situation.

(OR)

b) Describe the core elements of counseling.

12. a) Discuss the personal and professional qualities of a counselor.

(OR)

b) Assess the importance of dynamic self-understanding for a counselee.

13. a) Describe the role of communication skills in effective counseling sessions.

(OR)

b) List and interpret the process of identifying attitudes and feelings in a counselee?

14. a) Examine the concept of Transactional Analysis.

(OR)

b) Describe the principles of the Client-Centered approach.

15. a) Find out the objectives and techniques of HIV/AIDS counseling.

(OR)

b) Interpret the approach used in de-addiction counseling to support recovery.

SECTION – C

(5 X 8 = 40 MARKS)

ANSWER EITHER (a) OR (b) IN EACH OF THE FOLLOWING QUESTIONS. (K4orK5)

16. a) Analyze the goals of counseling in relation to individual problem-solving.

(OR)

b) Evaluate the future prospects of counseling in education, health and social work settings.

17. a) Interpret the element of empathy in building a strong counseling relationship.

(OR)

b) Analyze how self-exploration skills help clients in the counseling process.

18. a) Interpret the use of paraphrasing and reflection of feelings during counseling.

(OR)

b) Outline the role of intervention strategies in addressing client issues effectively.

19. a) List the key techniques used in REBT and explain their functions.

(OR)

b) Interpret the main ideas of the Cognitive approach in counseling practice.

20. a) Evaluate the strategies used in suicide counseling to prevent self-harm.

(OR)

b) Examine the significance of family counseling in resolving domestic conflicts.
