

Section A: Objective Type Questions

Q1. Choose the appropriate Answer: (8x1.5=12)

i. Counselling involves:

- A Giving advice B Guiding a client
C Exploring client's issues D All of the above

ii. The main goal of counselling is to:

- A Solve all client problems B Support client's self-exploration and growth
C Make decisions for the client D None of the above

iii. Which stage in the counselling process involves setting goals?

- A Preparatory Stage B Exploratory Stage
C Planning Stage D Action Stage

iv. Clarification as a counselling technique aims to:

- A Reduce anxiety B Make the client's issues clear
C Provide solutions D Engage in meditation

v. Catharsis is:

- A The process of relaxation through meditation. B The process of releasing and providing relief from strong or repressed emotions.

- C A method of externalizing interests. D A form of environmental manipulation.

vi. Operant Conditioning is a technique that involves:

- A Changing thoughts B Changing behaviours through reinforcement
C Teaching relaxation D Providing medication

vii. In the context of counselling, 'ventilation' refers to:

- A Encouraging the client to express feelings B Providing guidance

viii. Aversion therapy is used to:

- A Encourage positive behaviour B Reduce undesirable behaviour
C Teach coping skills D Improve communication

Section-B: Descriptive Type Questions (Short Type)

Q2 : Answer All The Questions (8 X 4 =32)

- i. Define the concept of counselling.
- ii. Explain the need for counselling with the client.
- iii. What actions are typically taken during the action stage of counselling?
- iv. What happens during the exploratory stage of counselling?
- v. Enlist supportive techniques in counselling
- vi. Enlist behavioural techniques of counselling
- vii. Define behaviour modification and provide an example.
- viii. What is systematic desensitization

Section – C: Descriptive Type Questions (Medium Type)

Answer all the questions: (4 x 7=28)

Q 3. Explain the concept of supportive techniques in counselling.

OR

Discuss the roles of ventilation and catharsis in the counselling process.

Q 4. What are the key activities involved in the preparatory stage of counselling?

OR

How is the evaluation stage conducted in counselling, and what is its purpose?

- Q 5.** Explain guidance and externalisation of interest as techniques of counselling.

OR

Explain in brief the benefits of exercise and meditation in counselling.

- Q6.** Define behavioural techniques in counselling and give examples.

OR

What is contingency management and how is it used to change behaviour?.

SECTION – D: DESCRIPTIVE TYPE QUESTIONS (Long Type)

Answer any two of the following: (2 x 14=28)

- Q 7.** Examine the scope and importance of counselling in social work, providing examples of how it benefits clients
- Q 8.** What is the planning stage in counselling, and why is it crucial?
- Q 9.** Write a detailed note on clarification and education as supportive techniques of counselling.
- Q 10.** What is operant conditioning and how does it differ from covert conditioning?