LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

M.A. DEGREE EXAMINATION – **SOCIOLOGY**

FOURTH SEMESTER – **APRIL 2022**

PSO 4502 – GUIDANCE AND COUNSELLING

Date: 17-06-2022 Dept. No. Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

PART – A **(10x 2 = 20 Marks)**

Q. No **Answer ALL questions in 50 words each.**

1 What is counselling?
2 Write a short note on guidance.
3 List the defense mechanisms discussed by Freud.
4 "You feel the way you think"- justify the statement in three lines.
5 Differentiate repression from suppression.
6 Write a short note on REBT.
7 List four thinking errors discussed in CBT.
8 Write a short note on "non-evaluative attitude".
9 What is unconditional acceptance?
10 Write a short note on withdrawal.

PART – B **(5 x 8 = 40 Marks)**

Answer any FIVE questions in 300 words each

11 Highlight the misconceptions associated with counselling.
12 Deliberate and highlight the advantages of Cognitive Behaviour Therapy.
13 Differentiate: Directive, Non-Directive and Eclectic approach in counselling.
14 Elucidate on the counselling approach that underpins - "individuals already possess the qualities needed to flourish".
15 Assess the significance of the step one: "Relationship building" in the counselling process.
16 Clarify the difference between sadness and depression.
17 Awareness in itself is healing – Evaluate the statement.

PART – C **(2 x 20 = 40 Marks)**

Answer any TWO questions in 1200 words each

18 Identify and elaborate on the significant qualities as prerequisite for a professional counselor.
19 Critically evaluate Freud's five psychosexual stages of development and Fixation.
20 "Rewarding effects provide a compelling incentive to repeat the activity, despite detrimental consequences" – Deliberate.
21 Discuss in detail the stages of grief.

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