

Qn.Code: MEDC42

N.V.K.S.D. COLLEGE OF EDUCATION

(AUTONOMOUS)

M.Ed. Degree Fourth Semester Examination, April 2025

(For the candidates admitted during the academic year 2023-2024)

**Tool Course : APPROACHES AND PRACTICES OF COUNSELLING
PSYCHOLOGY**

Course code: MED4TC004

Time: 3 Hours

Maximum Marks: 70

SECTION A (10 x 1 = 10 marks)

Answer ALL the questions by selecting the appropriate answers.

1. The principle of guidance that ensures the relevance to the learner's unique potential is
 - a) Standardization
 - b) Individualization
 - c) Uniformity
 - d) Centralization
2. The type of counselling in which the counsellor plays a passive role and allows the clients to explore their own solutions is known as
 - a) Directive
 - b) Non-directive
 - c) Eclectic
 - d) Vocational
3. The characteristic that is considered as a core personal characteristic essential for a counsellor to establish therapeutic rapport
 - a) Assertiveness
 - b) Empathy
 - c) Detachment
 - d) Perfectionism
4. The technique that emphasizes an awareness of one's internal states to regulate emotional responses effectively is
 - a) Emotional suppression
 - b) Cognitive labelling
 - c) Self-monitoring
 - d) External validation
5. Identify the key indicator of suicidal ideation in the context of counselling
 - a) Increased social interaction
 - b) Unrealistic optimism
 - c) Giving away personal belongings
 - d) Goal-oriented behaviour
6. In counselling individuals with Autism Spectrum Disorder, the approach that is most effective for enhancing communication and social skills is
 - a) Psychoanalysis
 - b) Cognitive Behavioural Therapy
 - c) Client-centered therapy
 - d) Gestalt therapy
7. Gestalt therapy primarily encourages clients to focus on
 - a) Future goals
 - b) Childhood memories
 - c) Here and now experience
 - d) Unconscious drives
8. The technique, commonly used in directive play therapy is
 - a) Therapist-assigned storytelling
 - b) Free symbolic play
 - c) Unstructured sandbox play
 - d) Random drawing activities
9. A problem-focused coping strategy for managing stress is

- a) Meditation
 - b) Denial
 - c) Emotional withdrawal
 - d) Time management
10. The most essential skill for building healthy interpersonal relationships is
- a) Passive listening
 - b) Self-promotion
 - c) Critical thinking
 - d) Emotional intelligence

SECTION B (5 x 3 = 15 marks)

Answer all the FIVE questions in about 100 words each.

- 11. Why is 'Health guidance' important for students' well-being and academic success?
- 12. Enlist the essential listening skills of a counsellor.
- 13. What is the role of counselling in addressing issues related to abuse and addiction?
- 14. In what ways does decision-making support effective counselling outcomes?
- 15. What is self-management education and why is it important for students?

SECTION C (5 x 5 = 25 marks)

Answer any FIVE questions in about 200 words each.

- 16. A student is struggling to choose the right academic path. How can you help him/her, if you are the counsellor?
- 17. Analyze the use of eclectic counselling in addressing emotional and decision-making challenges in clients.
- 18. Describe the core competencies needed for counselling children in groups.
- 19. Explain the role of counselling in supporting children with ADHD.
- 20. Evaluate the principles of Rational Emotive Behaviour Therapy and justify its use in helping clients manage irrational beliefs.
- 21. Compare conflict management and conflict resolution in the context of counselling.
- 22. When can a school counsellor choose family therapy for counselling a child in need?

SECTION D (2 x 10 = 20 marks)

Answer BOTH the questions in about 500 words each.

- 23. a) How do various counseling techniques help clients analyze, manage, and work with their emotions in a therapeutic setting?
(or)
- b) How do counseling interventions contribute to the academic development of children with learning disabilities, and what strategies can be used to address their specific educational needs?

24. a) What counselling methods will be suitable for addressing academic stress and low self-esteem in students within a school setting? Explain.

(or)

b) Critically analyse the merits and limitations of the following counselling therapies.

1. CBT
2. Behavioural therapy
3. Hypnotherapy
4. Reality Therapy

