

Qn.Code: MEDC43(1)

N.V.K.S.D. COLLEGE OF EDUCATION
(AUTONOMOUS)

M.Ed. Degree Fourth Semester Examination, May 2026
(For the candidates admitted during the academic year 2024-2025)

Elective Course: COUNSELLING PSYCHOLOGY IN
EDUCATION

Course code: MED4EC001

Time: 3 Hours

Maximum Marks: 70

SECTION A (10 x 1 = 10 marks)

Answer ALL the questions by selecting the appropriate answers.

1. The type of counselling that allows maximum freedom to the client is
 - a) Directive counselling
 - b) Non-directive counselling
 - c) Eclectic counselling
 - d) Group counselling
2. Guidance that helps students to choose a suitable career is called
 - a) Personal guidance
 - b) Social guidance
 - c) Vocational guidance
 - d) Health guidance
3. The ability to understand another person's feelings is called
 - a) Compassion
 - b) Empathy
 - c) Reinforcement
 - d) Closure
4. The technique helps individuals observe and regulate their own behavior is
 - a) Goal setting
 - b) Self monitoring
 - c) Advice giving
 - d) Listening
5. Attention Deficit Hyperactivity Disorder (ADHD) is mainly characterized by
 - a) Withdrawal
 - b) Inattention
 - c) Hallucination
 - d) Depression
6. Counselling that aimed at preventing suicide focuses primarily on
 - a) Punishment
 - b) Isolation
 - c) Emotional support
 - d) Competition
7. The ability of a teacher-counsellor to effectively respond to students from diverse backgrounds primarily reflects
 - a) Authority
 - b) Rigidity
 - c) Inclusiveness
 - d) Evaluation
8. Career counselling mainly aims at facilitating
 - a) Competition
 - b) Adjustment
 - c) Decision-making
 - d) Memorization
9. The process of resolving opposing demands or tensions is known as .
 - a) Stress
 - b) Conflict
 - c) Adjustment
 - d) Communication

10. Effective interpersonal relationships are primarily based on
a) Authority b) Empathy c) Control d) Isolation

SECTION B (5 x 2 = 10 marks)

Answer all the FIVE questions in about 100 words each.

11. Differentiate between directive and non-directive counselling.
12. Analyze the chances of overlapping of health guidance and social guidance in the context of guidance process. Illustrate with an example.
13. Mention any two signs of suicidal tendencies.
14. Discuss empathy as a skill for counselling with an example.
15. Suggest any four healthy strategies for managing stress.

SECTION C (6 x 5 = 30 marks)

Answer any SIX questions in about 200 words each.

16. What is parent counselling and analyse why it matters when a child is struggling in school.
17. "Guidance is only for 'problem' students." Critically examine the statement.
18. How can a counsellor support a student from diversified backgrounds?
19. Describe the techniques of helping individuals to deal with emotions.
20. Describe any five essential skills for counselling children in groups.
21. Discuss the reasons why active listening is more important in the initial stages of counselling a child.
22. 'Self-management is the foundation of effective teaching and healthy relationships.' Evaluate the statement.
23. State any two characteristics of healthy family communications and explain its role in maintaining relationships.

SECTION D (2 x 10 = 20 marks)

Answer BOTH the questions in about 500 words each.

24. a) Examine the 'process of counselling' with suitable examples.
(Or)
b) Explain the strategies for counselling children with ADHD and Autism Spectrum Disorder.
25. a) Analyse the role of counselling in supporting students with learning difficulties and emotional behavioural problems.
(Or)
b) Discuss the relationship between problem solving and decision making in managing stress and conflict.