

**Post Graduate Diploma in Guidance & Counselling 1st Semester Examination
- 2016-17**

**INTRODUCTION TO GUIDANCE AND COUNSELLING
First Paper (PGDGC 101)**

ASSIGNMENT

(To be submitted by 28th May, 2017)

Full Marks - 100

Weightage of marks: 20%

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own languages as far as practicable.

1. Answer **any ten** questions from the following: 2×10
 - a. What is guidance?
 - b. Why good rapport skill is essential for a counsellor?
 - c. What is psychological trauma?
 - d. Mention two objectives of psychiatric social work.
 - e. Give the full form of NIHH and NIVH.
 - f. Define tele counselling.
 - g. What is the difference between advice and counselling?
 - h. What do you mean by Career Hub?
 - i. What is non-directive counselling?
 - j. What do you mean by Remedial Service in guidance?
 - k. Who can provide guidance and counselling service?
 - l. What is family counselling?

2. Answer **any six** questions from the following: 10×6
 - a. What are the specific functions of guidance at secondary and H.S. Stages? What role does a 'School Counsellor' play in order to facilitate various functions? 5+5
 - b. Discuss the different types of crisis intervention and their role in guidance and counselling. 5+5
 - c. Discuss about the symptoms of psychological trauma. Point out probable causes of trauma. 5+5
 - d. Discuss the structure and functions of child guidance clinic. Mention its role in guidance service. 6+4
 - e. Briefly describe intra-personal counselling, inter-personal counselling and rehabilitation counselling. 3+3+4
 - f. What is ice-breaking? Discuss its role in educational and vocational guidance and counselling sessions. 2+8
 - g. What do you understand by occupational information? What are the major sources of occupational information of a career counsellor? 4+6
 - h. Discuss about the importance and types of counselling.
 - i. Briefly describe the major recommendation of RCI Act 1992 in light of Guidance & Counselling.

3. Answer **any one** question from the following: 20×1
 - a. What is career talk? Point out its main advantages. How will you organize it in your school? How can career guidance cell be established in a school? 2+4+6+8
 - b. What do you understand by research service? Make notes on 'The National Institutes of Handicapped', 'The Educational Welfare Services' and 'The National Foundation for Research'. 2+(6+6+6)

**Post Graduate Diploma in Guidance & Counselling 1st Semester Examination
- 2016-17**

**DEVELOPMENTAL & POSITIVE PSYCHOLOGY FOR COUNSELLING
Second Paper (PGDGC 102)**

ASSIGNMENT

(To be submitted by 28th May, 2017)

Full Marks - 100

Weightage of marks: 20%

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own languages as far as practicable.

1. Answer **any ten** questions from the following: 2×10
 - (a) What is 'Psychology'?
 - (b) What is the difference between 'Empathy' and 'Altruism'.
 - (c) What is Indian interpretation of dream?
 - (d) Describe any Indian perspective of counselling with two significant influences in modern days of counselling.
 - (e) Who are Humanistic Psychologists?
 - (f) What is compassion?
 - (g) What are the types of 'Yamas' and 'Niyamas'?
 - (h) Name the different branches of psychology.
 - (i) Mention at least four stages of psycho-social development according to Erickson.
 - (j) What is 'Yoga'?
 - (k) What do you mean by adaptive functioning?
 - (l) What is 'Perception'?

2. Answer **any six** questions from the following: 10×6
 - (a) Do you agree with the statement, "Girindrasekhar Bose and Jadunath Sinha are two pillars of Indian Psychology" – Why? Discuss with reasons. 5+5
 - (b) Briefly discuss with criticisms on any two theories of emotion. 5+5
 - (c) Discuss the 'Behavioural Theory' of B. F. Skinner. What are implications of this theory in present society? 7+3
 - (d) Briefly describe on the therapeutic values of Indian psychology – citing the example from the Bhagavad Gita. 10
 - (e) Describe various types of Life skill. Which have been identified for better life. 5+5
 - (f) Discuss with criticisms on any two methods of psychology. 5+5
 - (g) What do you mean by 'self-actualization'? How an individual can reach this stage of 'self-actualization'? Describe the characteristics of self-actualized person as stated by Abraham Maslow. 2+3+5
 - (h) Discuss the developmental task of the stages of infancy and adolescent. 5+5
 - (i) What is maladjustment? Discuss different causes of maladjustments. 3+7

3. Answer **any one** question from the following: 20×1
 - (a) What is 'forgiveness'? Discuss the cognitive focus approaches of positive psychology. 2+18
 - (b) Write short notes on 'Parenting style' and 'Interpersonal approaches'. Evaluate the contribution of Erickson's theory of personality in psychology. (5+5)+10

**Post Graduate Diploma in Guidance & Counselling 1st Semester Examination
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**PSYCHOLOGICAL ASSESSMENT IN GUIDANCE & COUNSELLING
Third Paper (PGDGC 103)**

ASSIGNMENT

(To be submitted by 28th May, 2017)

Full Marks - 100

Weightage of marks: 20%

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own languages as far as practicable.

1. Answer **any ten** questions from the following: 2×10
- (a) What is assessment?
 - (b) What is 'stress'?
 - (c) What is interest inventory?
 - (d) What is ARC?
 - (e) What is central tendency?
 - (f) Define Sociometry.
 - (g) Mention main difference between aptitude and attitude.
 - (h) Mention any two limitation of psychological test.
 - (i) Mention two basic assumptions of correlation.
 - (j) What is mental health?
 - (k) Mention the purpose of maintaining personal data bank.
 - (l) What is I.Q.?
2. Answer **any six** questions from the following: 10×6
- (a) What do you mean by CRC? Describe its features and use. Mention two draw backs of CRC. 2+6+2
 - (b) What is psychological test? What are the main features of psychological test? Mention different types of psychological tests. 2+5+3
 - (c) What is dispersion? What is meant by NPC? Write down main features of NPC. 2+4+4
 - (d) Mention any two self-reporting techniques. M, N, O, P, Q, are five students who are asked to name two others with whom they prefer to work in a certain group project. Draw a socio-diagram by using a fictitious data made by you. 2+8
 - (e) What do you mean by psychometric test? Discuss any one such test in details. 2+8
 - (f) What is the most appropriate technique for collecting qualitative data according to you? Support your view with suitable arguments.
 - (g) Discuss the nature and goal of psychological assessment. 5+5
 - (h) What is vocational interest? Discuss in detail about Holland's vocational performance inventory. 2+8
 - (i) What is evaluation? Mention approaches for assessment of children and the adolescents with their draw backs. 2+8

P.T.O

3. Answer **any one** question from the following: 20×1

(a) Calculate Mean, Median, Standard Deviation and Quartile Deviation for the following frequency distribution: 5+5+5+5

Scores	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
Frequency	5	10	6	12	19	9	7	13	11	8

(b) Make short notes any two of the following: - (5+5) + (5+5)

- (i) Projective test and Semi-projective test,
 - (ii) Reliability and Validity,
 - (iii) Interview and Case Study.
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