INTRODUCTION TO GUIDANCE AND COUNSELLING

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: 2x10
   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: 10x6
   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?
   b. Discuss the different types of crisis intervention and their role in guidance and counselling.
   c. Discuss about the symptoms of psychological trauma. Point out probable causes of trauma.
   d. Discuss the structure and functions of child guidance clinic. Mention its role in guidance service.
   e. Briefly describe intra-personal counselling, inter-personal counselling and rehabilitation counselling.
   f. What is ice-breaking? Discuss its role in educational and vocational guidance and counselling sessions.
   g. What do you understand by occupational information? What are the major sources of occupational information of a career counsellor?
   h. Discuss about the importance and types of counselling.

3. Answer any one question from the following: 20x1
   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?

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05/04-17/S1
1. Answer any ten questions from the following: 2 x 10
   (a) What is ‘Psychology’?
   (b) What is the deference 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 last 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 x 6
   (a) Do you agree with the statement, “Girindrasekhar Bose and Jadunath Sinha are two pillar 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) Describes various types of Life skill. Which have been identify 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 x 1
Post Graduate Diploma in Guidance & Counselling 1st Semester Examination
- 2016-17

PSYCHOLOGICAL ASSESSMENT IN GUIDANCE & COUNSELLING
Third Paper (PGDGC 103)

ASSIGNMENT
(To be submitted by 28th May, 2017)

Full Marks - 100

Weightage of marks: 20%

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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. 5+5
   (g) Discuss the nature and goal of psychological assessment. 2+8
   (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:

<table>
<thead>
<tr>
<th>Scores</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
<th>90-94</th>
<th>95-99</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency</td>
<td>5</td>
<td>10</td>
<td>6</td>
<td>12</td>
<td>19</td>
<td>9</td>
<td>7</td>
<td>13</td>
<td>11</td>
<td>8</td>
</tr>
</tbody>
</table>

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

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