

**Post Graduate Diploma in Guidance & Counselling**  
**1<sup>st</sup> Semester Examination - 2017 – 18**  
**Introduction to Guidance & Counselling**  
**First Paper (PGDGC-101)**

**ASSIGNMENT**

*(To be submitted by 21<sup>st</sup> January, 2018)*

*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 : 10×2
  - a) What is Counselling?
  - b) What is Career talk?
  - c) What is Eclectic Counselling?
  - d) What do you mean by career conference in Guidance?
  - e) What is ‘Self- help Group’?
  - f) What is psychological trauma?
  - g) Why good rapport skill is essential for a counsellor?
  - h) What is inter-personal counselling?
  - i) Who can provide guidance and counselling service?
  - j) What do you mean by Gerontological counselling?
  - k) What is the difference between Counselling & Psychotherapy?
  - l) What do you mean by ‘empathy’ skill of counselling?
  
2. Answer **any six** Questions from the following : 6×10
  - a) Discuss about the importance and types of counselling. 4+6
  - b) What is crisis intervention? Mention different types of crisis and their role in guidance and counseling. 2+4+4
  - c) Discuss the structure and functions of C.G.C. Mention its role guidance service. 6+4
  - d) What do you mean by ice-breaking? Discuss its role in educational and vocational guidance and counselling sessions. 2+8
  - e) Briefly describe the major recommendation of RCI Act in light of Guidance and Counselling.
  - f) What are the specific functions of guidance at Secondary and Higher Secondary stages? What role does a ‘School Counsellor’ play in order to facilitate various functions? 5+5
  - g) What is occupational information? What are the major sources of occupational information of a career counsellor? 4+6
  - h) How can career guidance cell be established in a school?
  - i) What is e-counselling and Tele-counselling and their applications in areas of rehabilitation? 2+2+3+3
  
3. Answer **any one** Question from the following: 1×20
  - a) Discuss about causes and symptoms of Trauma. Suggest some treatment options for those going through Psychological Trauma. 7+7+6
  - b) Make notes on the National Institutes of Handicapped, The National Foundation for Research, The Educational Welfare Services and Human rights & child rights in guidance and counselling.

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**Post Graduate Diploma in Guidance & Counselling**  
**1<sup>st</sup> Semester Examination - 2017 – 18**  
**Developmental & Positive Psychology for Counselling**  
**Second Paper (PGDGC-102)**

**ASSIGNMENT**

*(To be submitted by 21<sup>st</sup> January, 2018)*

*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 : 10×2
    - a) Define ‘psychology’?
    - b) What is the difference between ‘Sensation’ & ‘perception’?
    - c) Define ‘Psychiatry’?
    - d) What is ‘morality’?
    - e) What is ‘defense mechanism’?
    - f) What are the types of ‘Yamas’ and ‘Niyamas’?
    - g) Who are humanistic Psychologists?
    - h) Describe any Indian Perspective of Counselling with two significant influences in modern days of Counselling.
    - i) Define ‘Altruism’.
    - j) Write down the two names of ‘Neo-Freudian Psychologists’.
    - k) What is anxiety?
    - l) What is ‘conflict’?
  
  2. Answer **any six** Questions from the following : 6×10
    - a) Briefly describe on the therapeutic values of ‘Indian Psychology’ – citing the example from the Bhagvad Gita.
    - b) Write down about ‘Forgiveness’ in development of ‘Human Virtues’.
    - c) Write a short note on ‘parenting style’ for the psychological development of a child.
    - d) Discuss the ‘Behavioral Theory’ of B.F. Skinner with its implication in present society.
    - e) Discuss about Carl Roger’s view point in relation to personality construction of an individual.
    - f) Discuss the developmental task of the stages of infancy and adolescent.
    - g) What is happiness? Elucidate the practical strategies of enhancing happiness in human life. 2+8
    - h) Evaluate the contribution of Erikson’s theory of Personality in Psychology.
    - i) Write about the social cognitive learning viewpoint of Albert Bandura for personality development.
  
  3. Answer **any one** Questions from the following : 1×20
    - a) Evaluate the contribution of Freudian viewpoint in development of Personality in Psychology. How an individual can reach to the stage of self-actualization as stated by Abraham Maslow? Elaborate. 10+10
    - b) Discuss about various types of ‘life skill’ for making our life more positive. Enumerate the various types of ‘life-skill’ strategies for positive life. 10+10
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**Post Graduate Diploma in Guidance & Counselling**  
**1<sup>st</sup> Semester Examination - 2017 – 18**  
**Psychological Assessment in Guidance & Counselling**  
**Third Paper (PGDGC-103)**

**ASSIGNMENT**

*(To be submitted by 21<sup>st</sup> January, 2018)*

*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 : 10×2
- a) Mention the main two differences between Assessment and Evaluation.
  - b) What is meant by Rating Scale?
  - c) What is the importance of measuring vocational interest?
  - d) What is interest inventory?
  - e) What is C.R.C.?
  - f) Write two important features of A.R.C.
  - g) What is Sociometry?
  - h) Mention the main difference between aptitude and attitude.
  - i) What is central tendency of Scores?
  - j) What is personal data bank?
  - k) What is called as Anger?
  - l) What is 'Sample in guidance and counselling'?
2. Answer **any six** Questions from the following : 6×10
- a) Discuss the nature and goal of psychological assessment.
  - b) Discuss in detail about Kuder Occupational Interest Survey.
  - c) Discuss concept and types of Reliability of measurement tools.
  - d) Discuss in detail Holand's vocational Performance Inventory.
  - e) A,B,C,D,E,F are six students who are asked to name two other student with whom they prefer to work in a group activity. Draw a socio diagram with fictitious data and identity who is most favored and who is isolated according to the diagram.
  - f) Give an account of logistics of psychological assessment.
  - g) Write down the concept and main features of N.P.C.
  - h) Discuss the main features and uses of C.R.C. in schools.
  - i) Describe the main features and types of psychological test.
3. Answer **any one** Question from the following : 1×20
- a) Write note on **any two**: (i) Validity measurement of tool, (ii) Projective tests. & (iii) Method of Assessment. 10+10
  - b) Calculate the Mean, Median and Mode of the following distribution and mention the uses of these in psychological assessment.

Class	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80-89	90-99
F	2	6	4	7	15	8	6	2	5

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