Post Graduate Diploma in Guidance & Counselling 1ˢᵗ Semester Examination - 2015-16

INTRODUCTION TO GUIDANCE AND COUNSELLING
First Paper (PGDGC 101)

ASSIGNMENT

(To be submitted by 17ᵗʰ November, 2015)

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.   Define Counselling.
b.   What is the difference between empathy and sympathy?
c.   Who can provide guidance and counselling services?
d.   Why good comunication skill is essential for a counsellor?
e.   What is Rehabilitation Counselling?
f.   What is C.G.C.?
g.   What do you mean by follow-up service in guidance?
h.   Mention one social and one psychological needs of guidance.
i.   Differentiate between job and career.
j.   What is Career Hub?
k.   What do you mean by vocational choice?
l.   What is gerontological counselling.

2.   Answer *any six* questions from the following: 10×6

a.   Mention what is ice-breaking and its role in educational and vocational guidance and counselling sessions.   10
b.   What is family counselling? Discuss the importance of family counselling in the different phases of family life.   2+8
c.   Discuss the functions of NIVH and NIHH.   5+5
d.   What is crisis intervention? Mention different types of crisis and their role in guidance and counselling.   2+4+4
e.   How can you organise a career talk in school?   10
f.   What do you mean by e-Counselling and Tele-Counselling and their applications in areas of rehabilitation.   2+2+3+3
g.   What do you understand by remedial service and research service associated with guidance service?   10
h.   How can Career Guidance Cell be established in a school?   10
i.   Briefly describe different career guidance activities to be undertaken in schools.   10

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

a.   What is psychological trauma? Discuss about the causes and symptoms of trauma. Suggest some treatment options for those going through psychological trauma.   2+6+8+4
b.   What are the objectives of career counseling? What do you mean by occupational information? What are the major sources of information of a career conusellor? How does the counsellor classify that information?   4+4+5+7

_____

**Post Graduate Diploma in Guidance & Counselling 1ˢᵗ Semester Examination
- 2015-16**

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

ASSIGNMENT

(To be submitted by 17ᵗʰ November, 2015)

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)   Define 'Psychology'.
(b)   What is Oedipus complex?
(c)   Define 'Empathy' & 'Altruism'.
(d)   What is mindfulness?
(e)   What do you mean by intelligence?
(f)   Define 'Case Study.'
(g)   What is Defense mechanism?
(h)   Write down two basic principles of Positive Psychology.
(i)   What is Emotion?
(j)   Write down the names of three Neo-Freudian psychologists.
(k)   Write down the names of any two theories of memorization.
(l)   What is STM & LTM?

2.   Answer *any six* questions from the following: 10×6

(a)   Discuss the contribution of Girindrasekhar Basu and Jadhunath Sinha to Indian Psychology.   5+5
(b)   What are the characteristics required for 'Self Actualization' as stated by Abraham Maslow? Discuss your opinion about "Parenting" keeping in mind the personality therories of Eriction. 5+5
(c)   Write a note on Life Skill Education for adolescents.   10
(d)   Write short notes on (**any Two**):   5+5
    A) Olfactory Sensation , B) Biological Motivation. C) Approach - Avoidance conflict. D) Social learning theory (Bandura). E) C.G.Jung.
(e)   Briefly discuss any two methods of Psychology.   5+5
(f)   Discuss briefly any two theories of Emotion.   10
(g)   Briefly describe the Freudian concept of tropographical structure of human mind.   10
(h)   What is maladjustment? Describe different causes of maladjustment.   3+7
(i)   Define adaptive functioning. Write down the role of Personal control in adaptive functioning. 4+6

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

(a)   Describe Eysenck's theory of Personality. Enumerate on use of theories of conditioning (Pavlov & Skinner) in counseling.   8+12
(b)   Give an introduction to Positive Psychology. Discuss its development, objectives and theoretical perspectives.   8+(3+3+6)

———————————————

Post Graduate Diploma in Guidance & Counselling 1st Semester Examination - 2015-16

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

ASSIGNMENT

(To be submitted by 17th November, 2015)

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 Stress?
(b)   What do you understand by 'Correlation'?
(c)   What are the differences between 'Intelligence' and 'Aptitude'?
(d)   What is dispersion?
(e)   What are the basic differences between Speed test and Power test?
(f)   What is CRC?
(g)   What do you mean by 'Sociometry'?
(h)   What is Interest Inventory?
(i)   Mention the purpose of maintaining personal data bank.
(j)   What do you mean by Somatic Complaints?
(k)   Write down the differences between testing and non-testing technique of guidance?
(l)   Write down two main functions of Statistics in Psychology.

2.   Answer *any six* questions from the following: 10×6

(a)   Discuss the basic criteria of a good test.   10
(b)   What are the types of Interview? Discuss pros and cons of Interview.   4+6
(c)   What is Psychological test? Briefly describe its characteristics and types.   3+(4+3)
(d)   Delineate the importance of Self Reporting Techniques as observation instrument. 10
(e)   Discuss in brief about Holand's Vocational Preference Inventory.   10
(f)   What is called attitude scale? Construct an attitude scale with 8 (eight) items that measure attitude towards science of class X students.   2+8
(g)   Discuss in detail any one type of Projective Test.   10
(h)   Define Normal Probability Curve (NPC). What are its characteristics?   4+6
(i)   Give a brief account of Anecdotal Record Card (ARC).   10

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

(a)   Calculate Mean, Median, Mode & Standard Deviation (SD) for the following frequency distribution:

P.T.O.

Scores	90-99	80-89	70-79	60-69	50-59	40-49	30-39	20-29
Frequency	3	10	15	24	16	6	4	2

(b) A, B, C, D, E are five students who are asked to name three others with whom they prefer to play in order preference. Make a fictitious relationship data and draw a socio-diagram. According to the calculation (mathematically) who is the most favored? Describe in detail the technique you adopted.

————————————————