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F – 4694

Reg. No. :

Name :

**First Semester M.Sc. (Counselling Psychology) Degree
Examination, February 2019
CP-212 : FUNDAMENTALS OF COUNSELLING PSYCHOLOGY
(2013 Admission Onwards)**

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any 2** questions. **Each** question carries **15** marks.

1. Examine the contribution of Rogers to counseling.
2. Elucidate the outcome goals of counseling.
3. Outline the concerns and challenges faced by a counselor.
4. Discuss the legal concerns of counselors.

(2×15=30 Marks)

SECTION – B

Answer **any 5** questions. **Each** question carries **5** marks.

5. Examine the relationship between social work and counseling.
6. Describe the meaning of counseling.
7. Bring out the importance of self-awareness to a counselor.
8. Elucidate the significance of counselor competence.
9. Discuss the need for change in a counselee.
10. Explain the influence of gender of counselee on counseling.
11. Write about ethical counseling.
12. Dual relationships in counseling.

(5×5=25 Marks)

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SECTION – C

Write short notes on **10** of the following. **Each** carries **2** marks.

13. Vocational guidance.
14. Exploration stage of career development.
15. Psychiatry.
16. Helping profession.
17. Goal setting.
18. Confidentiality.
19. Values.
20. Burn out.
21. Help seeking.
22. Mental health.
23. Ethics.
24. Informed consent.

(10×2=20 Marks)



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H – 3692

Reg. No. :

Name :

First Semester M.Sc. Degree Examination, December 2019

Counselling Psychology

CP 212 : FUNDAMENTALS OF COUNSELLING PSYCHOLOGY

(2013 Admission Onwards)

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer any **two** questions. Each question carries **15** marks.

1. In India usually people who are in distress seek help from shaman, thantries, priests, astrologists, discuss impact of such practices in the mental health and wellbeing of people.
2. Like medical profession why counsellors need professional ethics? Explain ethical guideline for counsellors.
3. Explain counseling needs across lifespan.
4. What is a helping profession? Differentiate between counselling and similar helping professions.

(2 × 15 = 30 Marks)

SECTION – B

Answer any **five** questions. Each question carries **5** marks.

5. Briefly describe on emerging trends in counselling.
6. Explain the competency of a counsellor.

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7. What is counseling and informal helping?
8. What are the stress and challenges faced by counsellor?
9. Describe gender specific issues in counselling.
10. Legal issues faced in the counselling.
11. Describe ethical decision making.
12. What are process goals and outcome goals of counselling.

(5 × 5 = 25 Marks)

SECTION – C

Write notes on **ten** of the following. Each carries **2** marks.

13. Helping profession
14. Mindfulness
15. Preventive counselling
16. Mental health consultation
17. Social work
18. Psychiatry
19. Mental health
20. Counsellee
21. Ethics for counsellor
22. Informed consent
23. Client
24. Burn out.

(10 × 2 = 20 Marks)





Reg. No. :

Name :

**First Semester M.Sc. (Counselling Psychology) Degree
Examination, March 2014
CP-212 : FUNDAMENTALS OF COUNSELLING PSYCHOLOGY**

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any two** questions. **Each** question carries **15** marks. **(2×15=30 Marks)**

1. Are you a good counsellor ? Why ?
2. Explain the need of starting a counselling centre in the college campuses.
3. Anybody can become a counsellor if they undergo a counselling course. Do you agree with this statement ? Explain.
4. Among the several influential persons in the field of counselling, who has influenced you the most ? Why ?

SECTION – B

Answer **any five** questions. **Each** question carries **5** marks. **(5×5=25 Marks)**

5. Major helping professions.
6. Stress and managing stress.
7. Micro skills in counselling.
8. Counselling as a profession.
9. Functions of a counsellor.



10. Characteristics of an effective counsellor.
11. Values of a counsellor.
12. Conflicts within and among ethical codes.

SECTION - C

Write notes on **10** of the following. **Each** carries **2** marks.

(10x2=20 Marks)

13. Empathy
 14. Burn out
 15. Client-centered therapy
 16. Stressors
 17. Process goals
 18. Code of ethics
 19. Empty Nest Syndrome
 20. Eye-to-eye contact
 21. Supportive supervision
 22. Leading skills
 23. Paraphrasing
 24. Confronting.
-



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B - 4735

Reg. No. :

Name :

First Semester M.Sc. Degree Examination, January 2017
Branch : Counselling Psychology
CP 212 : FUNDAMENTALS OF COUNSELLING PSYCHOLOGY

Time : 3 Hours

Max. Marks : 75

SECTION - A

Answer **any two** questions. **Each** question carries **15** marks.

1. Describe the process goals and outcome goals of counselling.
2. Explain the ethical and professional issues in counselling.
3. Describe counselling as a helping profession.
4. Critically evaluate Ivey's model of counselling skills.

(2×15=30 Marks)

SECTION - B

Answer **any 5** questions. **Each** question carries **5** marks.

5. ACA.
6. Decision making.
7. Vocational guidance.
8. Social Work as a helping profession.
9. Legal concerns of counselling.
10. Relationship building.
11. Intervention and problem solving.
12. Preventive counselling.

(5×5=25 Marks)

P.T.O.



SECTION - C

Write notes on **10** of the following. **Each** carries **2** marks.

13. Immediacy
14. Empathy
15. Autonomy
16. Case study
17. Termination
18. Transference
19. Confidence
20. Facilitation
21. Crisis management
22. Progressive growth
23. Carl Rogers
24. Paraphrasing.

(10×2=20 Marks)



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D – 5661

Reg. No. :

Name :

**First Semester M.Sc. (Counselling Psychology) Degree
Examination, March 2018
CP-212 : FUNDAMENTALS OF COUNSELLING PSYCHOLOGY
(2013 Admission Onwards)**

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any 2** questions. **Each** question carries **15** marks .

1. Give an outline of the current status of counselling.
2. Bring out the commonalities and differences between various helping professions.
3. Enumerate the characteristics of an effective counselor.
4. Discuss the ethical issues in multi cultural perspective. **(2×15=30 Marks)**

SECTION – B

Answer **any 5** questions. **Each** question carries **5** marks .

5. Elucidate the nature of counselling.
6. Briefly explain the importance of process goals of counselling.
7. Enumerate the functions of a counselor.
8. Explain the ways of coping with stress.
9. Discuss the nature of help seeking behavior.
10. Examine the values of counselee on counselling.
11. Explain the dimensions of confidentiality.
12. Multiple relationships in counselling. **(5×5=25 Marks)**

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SECTION - C

Write short notes on 10 of the following. Each carries 2 marks .

- 13. Career.
- 14. Unconditional positive regard.
- 15. Social work.
- 16. Assessment.
- 17. Counselor needs.
- 18. Rapport.
- 19. Coping.
- 20. Supervision.
- 21. Counselee.
- 22. Professional codes.
- 23. Multi cultural perspective.
- 24. Dual relationship.

(10×2=20 Marks)



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Reg. No. :

Name :

**First Semester M.Sc. (Counselling Psychology) Degree
Examination, March 2014
CP-212 : FUNDAMENTALS OF COUNSELLING PSYCHOLOGY**

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any two** questions. **Each** question carries **15** marks. **(2×15=30 Marks)**

1. Are you a good counsellor ? Why ?
2. Explain the need of starting a counselling centre in the college campuses.
3. Anybody can become a counsellor if they undergo a counselling course. Do you agree with this statement ? Explain.
4. Among the several influential persons in the field of counselling, who has influenced you the most ? Why ?

SECTION – B

Answer **any five** questions. **Each** question carries **5** marks. **(5×5=25 Marks)**

5. Major helping professions.
6. Stress and managing stress.
7. Micro skills in counselling.
8. Counselling as a profession.
9. Functions of a counsellor.

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10. Characteristics of an effective counsellor.
11. Values of a counsellor.
12. Conflicts within and among ethical codes.

SECTION – C

Write notes on **10** of the following. **Each** carries **2** marks.

(10×2=20 Marks)

13. Empathy
 14. Burn out
 15. Client-centered therapy
 16. Stressors
 17. Process goals
 18. Code of ethics
 19. Empty Nest Syndrome
 20. Eye-to-eye contact
 21. Supportive supervision
 22. Leading skills
 23. Paraphrasing
 24. Confronting.
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Reg. No. :

Name :

**First Semester M.Sc. (Counselling Psychology) Degree
Examination, February 2015
CP 212 – FUNDAMENTALS OF COUNSELLING PSYCHOLOGY**

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any 2** questions. **Each** question carries **15** marks. **(2×15= 30 Marks)**

1. How has the study of counselling helped you in your professional life ?
2. Explain the need and significance of counselling as a profession.
3. Not all can become a counsellor. Why ?
4. Give a brief account of the popular influential persons in the field of counselling.

SECTION – B

Answer **any five** questions. **Each** carries **5** marks. **(5×5= 25 Marks)**

5. Goals of counselling.
6. Importance of personal therapy during training.
7. Significance of help seeking behaviour.
8. Burn out.
9. Stressors in counselling.
10. Legal concerns of counsellors.
11. Expectations of a counsellee.
12. Significance of supervision.



SECTION - C

Write notes on 10 of the following. Each carries 2 marks. (10×2= 20 Marks)

13. Unconditional positive regard.
14. Informed consent.
15. Outcome goals.
16. Micro skills in counselling.
17. Confronting.
18. Counter transference.
19. Rocking-chair phenomenon.
20. Paraphrasing.
21. Psychiatry.
22. Self awareness in counselling.
23. Counsellor competence.
24. Psychotherapy.



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10279

Reg. No. :

Name :

First Semester M.Sc. Degree Examination, February 2016

Branch : COUNSELLING PSYCHOLOGY

CP 212 : Fundamentals of Counselling Psychology

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any 2** questions. **Each** question carries **15** marks :

1. Describe the history and development of counselling profession.
2. Describe the current trends in counselling process.
3. Explain the personality characteristics needed for a counsellor.
4. Enumerate the ethical and professional issues in counselling.

(2×15=30 Marks)

SECTION – B

Answer **any 5** questions. **Each** question carries **5** marks :

5. Termination and follow up in counselling.
6. ACA.
7. Facilitative counselling.
8. Coping strategies.
9. Psychotherapy and counselling.
10. Behaviour modification techniques.
11. Mental health.
12. Intervention and problem solving.

(5×5=25 Marks)

P.T.O.



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SECTION - C

Write notes on 10 of the following. Each carries 2 marks :

- 13. Donald E super.
- 14. Carl Rogers.
- 15. Individual difference.
- 16. Congruence.
- 17. Interview.
- 18. Rapport.
- 19. Integration.
- 20. Empathy.
- 21. Burn out.
- 22. Psycho drama.
- 23. Mental hygiene.
- 24. Modelling.

(10x2=20 Marks)