

**SECOND SEMESTER M.Sc. DEGREE EXAMINATION, APRIL 2024
(Regular/Improvement/Supplementary)**

**PSYCHOLOGY
FPSY2C06-COUNSELLING PSYCHOLOGY**

Time: 3 Hours

Maximum Weightage: 30

Part A: Answer any *four* questions. Each carries 2 weightage.

Write short notes on:

1. Goals of Counselling.
2. Yoga.
3. Alpha waves.
4. Relaxation.
5. Ego states.
6. Counselling in educational settings.
7. GSPR.

(4 × 2 = 8 weightage)

Part B: Answer any *four* questions. Each carries 3 weightage.

Write notes on:

8. Ethics in counselling.
9. Learning principles in counselling.
10. Counselling with aged.
11. Reality therapy.
12. Differences between counselling and psychotherapy.
13. Uncoupling process
14. Purpose of evaluation in counselling.

(4 × 3 = 12 weightage)

(P.T.O.)

Part C: Answer any *two* questions. Each carries 5 weightage.

15. Define counselling. Explain the foundations of counselling.
16. Discuss the skills a counsellor should possess, and explain how they impact the efficacy of counselling.
17. Give a detailed account on the role of a psychologist in special populations.
18. Describe the essentials of humanistic approach in counselling. Explain the various types of counselling techniques.

(2 × 5 = 10 weightage)