Time: Three hours

Maximum: 75 marks

PART A —  $(10 \times 1 = 10 \text{ marks})$ 

Answer any TEN questions, each in 50 words.

- 1. Define Counselling.
- 2. What is meant by stress management?
- 3. What you mean by laughter therapy?
- 4. Define Psychodrama.
- 5. Who is a voluntary client?
- 6. Mention the cause of counselling.
- 7. Expand: SOLER?
- 8. What are the skills of observation?
- 9. List out verbal and non verbal messages.
- 10. What is self understanding?
- 11. List out the problems of family counselling.
- 12. What is de-addiction counselling?

## PART B — $(5 \times 5 = 25 \text{ marks})$

Answer any FIVE questions, each in 200 words.

- 13. Explain the principles and goals of counselling.
- 14. Write a short note on counselor as a professional.
- 15. Highlight the need for storytelling and art therapy.
- 16. Explain eclectic approach to counselling.
- 17. Outline the types of counselling.
- 18. State the stage-1 Eagan model of counselling.
- 19. Write a sbort note on student guidance and counselling.

PART C 
$$(4 \times 10 = 40 \text{ marks})$$

Answer any FOUR questions in 500 words each.

- 20. Briefly explain the factors influencing counseling process.
- 21. Write a note on different approaches of counselling.
- 22. Describe the techniques of counselling.
- 23. Analysis the stage-2 Eagan model of counselling.

- 24. Elucidate the marital and family counselling.
- 25. Elaborate the career guidance and grief counseling.