



LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

M.A. DEGREE EXAMINATION – SOCIOLOGY

FOURTH SEMESTER – APRIL 2023

PSO 4502 – GUIDANCE AND COUNSELLING

Date: 03-05-2023

Dept. No.

Max. : 100 Marks

Time: 09:00 AM - 12:00 NOON

PART – A

(10 x 2 = 20 Marks)

Q. No Answer ALL questions in 50 words each

- 1 List any two myths about counselling.
- 2 Write a short note on guidance.
- 3 Write a short note on the relationship between the counsellor and the counselee.
- 4 Differentiate repression from suppression.
- 5 What is the ABC's of REBT?
- 6 What is unconditional acceptance?
- 7 What are Freud's psychosexual stages of development.
- 8 List any two common techniques employed in CBT?
- 9 Write a short note on empathy.
- 10 What is an empty chair technique?

PART – B

(5 x 8 = 40 Marks)

Answer any FIVE questions in 300 words each

- 11 What is education guidance? Discuss the benefits of the same.
- 12 Highlight the misconceptions associated with counselling.
- 13 What are the principles that guide Cognitive Behavior Therapy?
- 14 Differentiate Directive, Non-Directive and Eclectic approach in counselling.
- 15 Discuss Gestalt therapy.
- 16 Discuss the goals and benefits of grief counseling.
- 17 Discuss the signs and symptoms of addiction.

PART – C

(2 x 20 = 40 Marks)

Answer any TWO questions in 1200 words each

- 18 Elaborate on the need for professional counselling relating to Dr. Finkelhor's theory on sexual abuse trauma.
- 19 Explain in detail the philosophical foundation and therapeutical intervention in Humanistic Approach.
- 20 Describe in detail the counselling process.
- 21 Depression is a serious but common condition – Illuminate.
