

Seat No: - \_\_\_\_\_

Enrollment No: - \_\_\_\_\_

**PARUL UNIVERSITY  
FACULTY OF ARTS**

**B.Arts Midterm Examination 2022–23**

**Semester: - III**

**Subject Code: - 15105207**

**Subject Name: - Guidance and Counseling**

**Date: 27/07/2022**

**Time: 2:00pm to 4:00pm**

**Total Marks: 40**

**Instructions:**

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

				<b>Marks</b>
<b>Q.1</b>	<b>Do As Directed.</b>			<b>06</b>
1	Counseling is an interaction between _____.			
	(A)	Teacher-student	(B)	Parents- neighbor
	(C)	Counselor-client	(D)	None of these
2	_____ goal of counseling is to provide relief for the client in that moment.			
	(A)	Immediate	(B)	Specific
	(C)	process	(D)	None of these
3	Empathy is _____.			
	(A)	Continuous	(B)	Putting oneself in other's shoes
	(C)	Process	(D)	None of these
4	Unconditional positive regard is given by _____			
	(A)	Allport	(B)	Rogers
	(C)	Yung	(D)	None of these
5	In a counselor and client relationship which one is not necessary _____			
	(A)	Joyfulness	(B)	Uniqueness
	(C)	Hate	(D)	None of these
6	_____ is the most important ethical consideration of counseling.			
	(A)	Uniqueness	(B)	Confidentiality
	(C)	Evaluation	(D)	None of these
7	Psychodynamic approach reflects on unconscious reaction pattern due to ego threatening is _____.			
	(A)	Defense Mechanism	(B)	Life Instinct
	(C)	Death Instinct	(D)	None of these
8	Overgeneralization is a _____.			
	(A)	Rational thought	(B)	Behavior modification technique
	(C)	Irrational thinking pattern	(D)	None of these
9	Which behavior technique can be used with children the most, as collecting small rewards for a bigger reward later.			
	(A)	Token economy	(B)	Biofeedback
	(C)	Flooding	(D)	None of these
10	Fear of height can be reduced through which behavior modification technique?			

	(A)	Systematic desensitization	(B)	Biofeedback	
	(C)	Flooding	(D)	None of these	
11	Skinner talks about _____ conditioning				
	(A)	Vacant	(B)	Operant	
	(C)	Life	(D)	None of these	
12	Cognitive behavior Therapy is mainly used with patients suffering from _____.				
	(A)	Cancer	(B)	Depression	
	(C)	ADHD	(D)	None of these	
<b>B. Terms/ Short Notes/ Case Study/ Charts/ Graphs/ Tables, etc. (Each of 01 mark)</b>					<b>(04)</b>
1	What is terminations phase?				
2	What is the importance of Genuineness of the counselor in the counseling session?				
3	How does “Free association” help the client?				
4	Which are the two important techniques used for cognitive behavior therapy?				
<b>Q.2</b>	<b>Answer the following.</b>				
1	Which are the ethical and legal considerations in counseling? Explain in detail with examples.				<b>(04)</b>
2	Discuss the meaning and definition of counseling.				<b>(04)</b>
<b>OR</b>					
2	With case study explain the process of person centered approach				<b>(04)</b>
<b>Q.3</b>	<b>Answer the following.</b>				
1	Explain the Counseling process in detail				<b>(05)</b>
2	Enumerate and explain the goals of counseling with examples.				<b>(05)</b>
<b>OR</b>					
2	Explain in detail the cognitive behavior therapy.				<b>(05)</b>
<b>Q.4</b>	<b>Answer the following.</b>				
1	Elaborate important points for counselor counselee relationship				<b>(06)</b>
2	Discuss how psychodynamic approach to counseling can help the client deal with their mental illness effectively.				<b>(06)</b>
<b>OR</b>					
2	Enumerate and explain the goals of counseling with examples.				<b>(06)</b>

\*\*\*\*\*All the Best\*\*\*\*\*