

PARUL UNIVERSITY
FACULTY OF ARTS
B.A. Summer 2018 – 19 Examination

Semester: 4
Subject Code: 15105252
Subject Name: Guidance and Counseling

Date: 12/04/2019
Time: 02:00 pm to 04:30 pm
Total Marks: 60

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.

Q.1 Do as directed.**(08)****A. Multiple choice type questions. (Each of 0.5 mark)**

1. Counselors ____ is to respect the dignity and promote the welfare of clients.

(a) positive growth	(c) Plans
(b) Primary responsibility	(d) Needs
2. Counselor offer clients the ____ to enter into counseling relationship and to determine which professional will provide counseling.

(a) Fee plans	(c) Freedom of choice
(b) Disclosure to clients	(d) Consent
3. Counselor encourage ____ in ways that foster the clients' interest and welfare.

(a) Discrimination	(c) responsibility
(b) Differences	(d) Positive growth and development.
4. Counselor do not ____ based on age, color, culture etc.

(a) Give freedom	(c) Give consent
(b) Condone	(d) None of the above
5. Counselors do not engage in ____ with former or current clients clients.

(a) Sexual Intimacies	(c) respect
(b) Needs and values	(d) Fee exchange
6. In group setting counselor take ____ to take protect clients from physical or psychological trauma.

(a) reasonable precaution	(c) Consent
(b) Fee	(d) None of the above
7. Counselor do not ____ clients in counseling process.

(a) Respect	(c) Charge
(b) Abandon	(d) support
8. Counselor are allowed to terminate the counseling process if they find an inability, and should not refer the client to another professional.

(a) True, True	(c) True, False
(b) False, False	(d) False, True
9. Counselors are not allowed to serve two or more person having relationship and are also not allowed to involve family member when feel appropriate.

(a) True, False	(c) False, False
(b) True, True	(d) False, True
10. Carl Rogers believes that every man has ____ in live

(a) respect	(c) Motivation
(b) Both a&c	(d) purpose
11. Rogers says that individual behaves in this way because of the need of ____

(a) Norm	(c) purpose
(b) efficacy	(d) Situation
12. ____ & ____ has influenced the development of REBT

(a) Emotion and motivation	(c) Cognition and learning
(b) Biological and Social	(d) Both a&b
13. A person fixated at this stage will be destructive, and hostile.

(a) Phallic stage	(c) Oral
(b) Anal Expulsive personality	(d) Anal Retentive personality
14. ____ is a instinctual energy that may come into conflict with the demands of society's standards for behavior.

(a) Ego	(c) libido
(b) Pleasure Principle	(d) Conscious mind

15. If individuals can think ____ and have fewer ____ beliefs, Ellis believes they will live happier lives.

- (a) Positive, Negative (c) Activating event, Consequence
(b) Rationally, Irrational (d) None of all

16. In general _____ would seem to be essential for vocational guidance, especially in the school setting where discussion may involve teachers in the school and parents.

- (a) Authority (c) Participation
(b) Confidentiality (d) None of all

B. Terms (Each of 01 mark)

(07)

1. Hedonism
2. Humanism
3. Unconditional self acceptance
4. Rationality
5. *Musterbation*:
6. Congruence with reference to Client centered therapy
7. Accurate empathic understanding:

Q.2 Answer the following.

A. Give difference between group and individual counselling.

(04)

B. Explain the nature of counseling

(04)

C. Give historical roots of behavior modification and its major contributors

(04)

OR

C. Explain Yoga and meditation as technique in counseling

(04)

Q.3 Answer the following.

A. Explain A-B-C theory of personality.

(05)

B. Describe Id, Ego and superego with examples.

(05)

C. Give five characteristic of behavior modification.

(05)

OR

C. What is Client Centered Approach and its philosophical assumptions?

(05)

Q.4 A. How psychological testing is helping in vocational guidance? Give types of aptitude test and explain in brief.

(06)

B. Explain Freud's Psycho-sexual stages.

(06)

C. What you mean by human behavior? Give characteristic of human behavior.

(06)

OR

C. Explain characteristics of counseling.

(06)