

PARUL UNIVERSITY
FACULTY OF ARTS
B.Arts Winter 2018 – 19 Examination

Semester:4

Subject Code: Counselling Psychology

Subject Name: 15105253

Date:21 /12/2018

Time:02:00pm to 4:30pm

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. State whether the following are True or False. (Each of 0.5 mark)**

1. Rational Emotive Therapy was developed by Albert Ellis.
2. Ellis have developed his own model which is called A,B,C model.
3. Behavior Modification doesn't relies on the concept of conditioning
4. It is possible to reduce the frequency of a behaviour by not presenting the immediate reinforce of the behavior
5. Behavior Modification was developed from theories because they supported the idea that just as behaviors can be learned, they also can be unlearned.
6. Secondary Reinforcer are events which have significance at the emotional level.
7. Rapport establishment is initial process in counseling.
8. Informal, Non-specialist, professional are three types of counseling.
9. Fading is always used along with prompting and cueing
10. Interviewer should not have the skill of listening
11. Client-Centered therapy came from humanistic school of psychology.
12. In group counseling, homogeneous group is not a important aspect.
13. The therapist needs not to be reflective, acting as a mirror of the client's feelings, thoughts.
14. Aptitude test can be used for proper choice of courses and careers.
15. The counselor may use the psychological test to secure accurate and reliable information.
16. Counseling is a continuous process.

B. Match the Following (Each of 01 mark)**(07)**

1. MMPI	a. Scoring and interpretation of scores should all be independent of subjective judgment of individual
2. Norms	b. a good test able to compare different individuals
3. Standardization	c. the degree to which the test actually measures what it claims to measure.
4. Stanford-Binet	d. scores which are typical characteristic of pupils of a given age or grade.
5. Objectivity	e. Aptitude test
6. GATB	f. Personality Inventory
7. Validity	g. Intelligence Scale

Q.2 Answer the following.

- A. What effects do alcohol and drug abuse have on an individual?
- B. What is the Indian Contribution in counseling?
- C. Explain Family counseling.

(04)**(04)****(04)****OR**

- C. Explain Child counseling

(04)**Q.3 Answer the following.**

- A. State the meaning and goals of counseling.
- B. Explain Cognitive approach and the importance of REBT.
- C. Give the steps of counseling interview.

(05)**(05)****(05)**

OR

C. State some ethics of counseling.

(05)

Q.4 Answer the following.

A. Explain individual and group counseling.

(06)

B. What do you understand by Client-Centered Approach?

(06)

C. What is the importance of couple and family counseling in the process of marriage?

(06)

OR

C. Explain Behavior Modification in detail.

(06)