

PARUL UNIVERSITY
FACULTY OF ARTS
B.Arts.Winter 2019 – 20 Examination

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

Date: 07/12/2019
Time: 2.00 pm to 4.30 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. State True or False. (Each of 0.5 mark)**

1. Client-Centered therapy came from humanistic school of psychology.
2. The therapist needs not to be reflective, acting as a mirror of the client's feelings, thoughts.
3. Behavior Modification doesn't relies on the concept of conditioning
4. Behavior Modification was developed from theories because they supported the idea that just as behaviors can be learned, they also can be unlearned
5. It is possible to reduce the frequency of a behaviour by not presenting the immediate reinforce of the behavior.
6. Secondary Reinforcer are events which have significance at the emotional level.
7. Fading is always used along with prompting and cueing
8. Informal, Non-specialist, professional are three types of counseling.
9. Rapport establishment is initial process in counseling.
10. Interviewr should not have the skill of listening
11. Rational Emotive Therapy was developed by Albert Ellis.
12. In group counseling, homogeneous group is not a important aspect.
13. Ellis have developed his own model which is called A,B,C model.
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. Validity - Scoring and interpretation of scores should all be independent of subjective judgment of individual
2. Norms - a good test able to compare different individuals
3. Standardization - the degree to which the test actually measures what it claims to measure.
4. Objectivity - scores which are typical characteristic of pupils of a given age or grade.
5. Stanford-Binet - Aptitude test
6. GATB - Personality Inventory
7. MMPI - Intelligence Scale

Q.2 Answer the following.

- A. Explain Child counseling. (04)**
- B. State Indian Contribution in counseling. (04)**
- C. Explain Family counseling. (04)**

OR

- C. Explain alcohol and drug abuse. (04)**

Q.3 Answer the following.

- A. Give some ethics of counseling. (05)**
- B. Explain Behavior Modification in detail. (05)**
- C. Explain meaning and goals of counseling. (05)**

OR

- C. Give the steps of counseling interview. (05)**

Q.4 Answer the following.

- A. Explain the importance of couple and family counseling in the process of marriage? (06)**
- B. Explain Cognitive approach and State the importance of REBT. (06)**
- C. Give an idea about Individual and group counseling. (06)**

OR

- C. Explain Client-Centered Approach. (06)**