

(DDGC01)

ASSIGNMENT – 1

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper I - PSYCHOLOGICAL BASIS OF GUIDANCE AND COUNSELLING

**MAXIMUM MARKS: 30
ANSWER ALL QUESTIONS**

1. Define guidance and Counselling? How these services are used in schools.
2. Describe the role of Psychotherapy and Counselling services in the society.
3. Explain the Counselling services practiced in an organization.
4. How the Organizational Counsellor helps the employees.
5. Describe the different areas of educational guidance and Counselling.

(DDGC01)

ASSIGNMENT – 2

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper I - PSYCHOLOGICAL BASIS OF GUIDANCE AND COUNSELLING

MAXIMUM MARKS: 30
ANSWER ALL QUESTIONS

1. Explain the Procedures followed in vocational guidance programmes of Secondary School children.
2. Describe the 10 Life skills given by WHO.
3. Explain the role of Positive Psychology in guidance & Counselling activity.
4. Explain the role of Empathy, Love and Companion in guidance & Counselling.
5. Describe Mindfulness, Altruism and Self efficacy.

(DDGC02)

ASSIGNMENT – 1

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper II — INTRODUCTION TO COUNSELLING

**MAXIMUM MARKS: 30
ANSWER ALL QUESTIONS**

1. What is the need of counseling?
2. Write the resilience factors.
3. Write the Marriage and family Counselling.
4. Write POST-TRAUMATIC Stress Disorder.
5. What are the Characteristics of an effective Counsellor?

(DDGC02)

ASSIGNMENT – 2

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper II — INTRODUCTION TO COUNSELLING

MAXIMUM MARKS: 30
ANSWER ALL QUESTIONS

1. What are the three Core Counselling skills?
2. How to Counsel the AIDS Patients and Family.
3. Write Cognitive behavior theory.
4. Write the process of Counselling – Initial Stage, Middle Stage.
5. What are ETHICAL CODES?

(DDGC03)

ASSIGNMENT – 1

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper III - APPROACHES AND TECHNIQUES OF COUNSELLING

MAXIMUM MARKS: 30
ANSWER ALL QUESTIONS

1. What is Psychodynamic approach and explain its procedures.
2. Describe RORSCHORCH ink block test.
3. Describe various relaxation techniques of behaviouristic approach.
4. Describe the concept of learning and explain social skill training.
5. Explain Cognitive theory.

(DDGC03)

ASSIGNMENT – 2

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper III - APPROACHES AND TECHNIQUES OF COUNSELLING

MAXIMUM MARKS: 30
ANSWER ALL QUESTIONS

1. Describe the techniques of Cognitive Counselling.
2. Explain the concepts of Carl Rogers.
3. Describe person centered counseling procedure.
4. Explain the key concepts of group counseling.
5. Describe the procedure of group counseling.

(DDGC04)

ASSIGNMENT – 1

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper IV - MENTAL HEALTH AND PSYCHOLOGICAL DISORDERS

**MAXIMUM MARKS: 30
ANSWER ALL QUESTIONS**

1. Define mental health. Explain the nature of the mental health and its influences on wellbeing.
2. Need of the mental health awareness in the society.
3. What is stress and discuss its effects on human behavior.
4. What is Maladaptive behaviour? What is the treatment for Maladaptive behavior.
5. Why does general anxiety disorder occur? What are the approaches to treat such disorders?

(DDGC04)

ASSIGNMENT – 2

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper IV - MENTAL HEALTH AND PSYCHOLOGICAL DISORDERS

MAXIMUM MARKS: 30
ANSWER ALL QUESTIONS

1. What are essential features of obsessive-compulsive disorder (OCD)?
2. Discuss the treatment of personality disorder.
3. Describe the major diagnostic categories of DSM V.
4. Describe the essential characteristics of bipolar disorders
5. Focus on the risk factors of suicide. Describe the challenge to prevention of suicide.

(DDGC05)

ASSIGNMENT – 1

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper V - TYPES OF COUNSELLING

MAXIMUM MARKS: 30

ANSWER ALL QUESTIONS

1. Define the diagnostic features of adjustment psychological disorders.
2. What is stress? Elucidate the diagnostic criteria of acute stress.
3. Examine the importance of counseling in the educational setting.
4. What is Career counseling? Why is it important in the present context?
5. Write an essay on Marital counseling.

(DDGC05)

ASSIGNMENT – 2

DIPLOMA EXAMINATION, FEB./MARCH - 2024

PSYCHOLOGY GUIDANCE AND COUNSELING

Paper V - TYPES OF COUNSELLING

MAXIMUM MARKS: 30

ANSWER ALL QUESTIONS

1. Write a note on couple therapy with a case study.
2. Explain the rehabilitation philosophy and the concept of rehabilitation.
3. Explain about the ecological adaptation model.
4. Describe the problems encountered while counseling alcohol and drug abusers.
5. What is crisis intervention? Is the seven-stage crisis intervention model restore stabilization in people affected by a crisis?