

(DDGC01)

ASSIGNMENT-1
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Psychological Basics of Guidance and Counselling
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Differentiate Guidance, Counselling and Psychotherapy

Describe the nature and importance of guidance and counselling in the present society

2. What are the different areas of organizational Counselling.

How the organizational guidance helps the employees to perform better.

3. What is parenting? Explain various parenting styles

What is the need for career guidance and counselling in the preset social scenario.

(DDGC01)

ASSIGNMENT-2
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Psychological Basics of Guidance and Counselling
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Explain the concepts of pleasure, engagement and meaning in positive psychology.

Describe the WHO initiated “Life Skills”

2. Explain the concept of creativity and mindfulness.

Describe the role of comparison, to forgiveness and love in interpersonal relationships

(DDGC02)

ASSIGNMENT-1
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Introduction to Counselling
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Define counselling and its scope.

Describe the need for counselling in the present social scenario.

2. Describe the characteristics of a counsellor.

Explain 5 types of counselling with examples.

3. Describe different stages of counselling with an illustration.

Explain the importance of Rapport building and the various procedures using in rapport building.

(DDGC02)

ASSIGNMENT-2
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Introduction to Counselling
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Explain different aspects of counsellor and client variations.

Describe various precautions to be taken by the counsellor in developing variations with clients.

2. Explain APA ethical code of counselling.

Describe RCI ethical code of counselling.

(DDGC03)

ASSIGNMENT-1
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Types of Counselling
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Explain various types of anxiety disorders
Describe the characteristics of mood disorders and write about the types of mood disorders.
2. What are the different aspects of educational guidance, explain with a case study.
Define career counselling and its need with a case study.
3. Explain different areas of marriage, counselling, i.e. premarital and couple counselling.
What is the need for and importance of family counselling in the present society.

(DDGC03)

ASSIGNMENT-2
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Types of Counselling
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Define Rehabilitation counselling and describe its scope.

What is the role of RCI in rehabilitation explain with a case study.

2. What is substance abuse. Describe various types of substance abuses.

Define crises counselling and explain it with a case study.

(DDGC04)

ASSIGNMENT-1
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Approaches and Techniques of Counselling
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Describe the defines mechanisms (any 7) with suitable example.
What techniques of counselling used in psycho analytical approach.
2. Describe any 5 techniques used in behaviouristic counselling method.
Explain what cognitive approach to counselling is and describe its concepts.
3. What is cognitive approach to counselling and describe its concepts.
Describe CBT with a case study.

(DDGC04)

ASSIGNMENT-2
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Approaches and Techniques of Counselling
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Explain the concepts of Humanistic approach in counselling.
Describe person centred therapy.

2. What is group counselling? And describe the steps in group counselling.
Describe the various areas of counselling where the group counselling is effective.

(DDGC05)

ASSIGNMENT-1
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Mental Health and Psychological Disorders
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. Define mental health? And its need in human wellbeing.
What are various awareness programs used about mental health in India.
2. What is stress? Explain clinical reaction to stress.
Explain any 5 stress coping mechanisms.
3. Describe the characters of anxiety disorders.
Explain various obsessive and compulsive disorders.

(DDGC05)

ASSIGNMENT-2
DIPLOMA EXAMINATION, APRIL/MAY-2025
PSYCHOLOGY GUIDANCE AND COUNSELING
Mental Health and Psychological Disorders
MAXIMUM MARKS :30
ANSWER ALL QUESTIONS

1. What is personality disorder and describe the causes of personality disorders.

Explain cluster B Personality disorders with case studies.

2. What is the character of a mood disorders.

Explain the characters and types of depressive disorders.