

(DDGC01)

ASSIGNMENT - 1
DIPLOMA EXAMINATION, SEP 2024
PSYCHOLOGY GUIDANCE AND COUNSELING
PSYCHOLOGICAL BASIS OF GUIDANCE AND COUNSELING

Paper – 1

MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. (a) Counseling as Solution to human Problem – Explain.
(b) Differentiate Guidance and Counseling.
2. (a) What are the needs. For Organigational Counseling.
(b) Explain Redundancy?
3. (a) What are the Principles of parenting.

(DDGC01)

ASSIGNMENT - 2
DIPLOMA EXAMINATION, SEP 2024
PSYCHOLOGY GUIDANCE AND COUNSELING
PSYCHOLOGICAL BASIS OF GUIDANCE AND COUNSELING

Paper – 1

MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. What is the need of Educational guidance in the Present Social Scenario.

2. (a) Describe the role of Positive Psychology in the guidance activity.
(b) What is SELIGMAN' s PREMA – explain.

3. (a) What are the Benefits of Mindfulness?
(b) What are the Various Contributions to Happiness.

(DDGC02)

ASSIGNMENT - 1
DIPLOMA EXAMINATION, SEP 2024
PSYCHOLOGY GUIDANCE AND COUNSELING
INTRODUCTION TO COUNSELLING

Paper – II

MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. (a) Write Definition of Counselling.
- (b) What is the need of Counselling.
2. (a) Write the Characteristics of Counselling.
- (b) What are the Counselling skills.
3. (a) How you are Counselling to HIV Affected Persons.

(DDGC02)

ASSIGNMENT - 2
DIPLOMA EXAMINATION, SEP 2024
PSYCHOLOGY GUIDANCE AND COUNSELING
INTRODUCTION TO COUNSELLING

Paper – II

MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. Explain Child Rights and Child Protection.

2. (a) Write Relationship of Counselor and Client.
(b) Write the Counselling skills.

3. (a) Explain ONLINE Counselling.
(b) What are Ethical needs of Counselling.

(DDGC03)

ASSIGNMENT - 1
DIPLOMA EXAMINATION, SEP – 2024
PSYCHOLOGY GUIDANCE AND COUNSELLING
TYPES OF COUNSELLING
Paper – III
MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. (a) Explain Various techniques used in Psychodynamic approach.
(b) What are Different Counseling approaches.
2. (a) Write Four aspects of Behavior Therapy.
(b) Describe Clinical and Operant Conditioning.
3. (a) What is CBT and explain its concept.

(DDGC03)

ASSIGNMENT - 2
DIPLOMA EXAMINATION, SEP – 2024
PSYCHOLOGY GUIDANCE AND COUNSELLING
TYPES OF COUNSELLING
Paper – III
MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. What are Cognitive Distortions?

2. (a) Explain the Concepts of Humanistic approach.

(b) Explain About Behaviour Therapy.

3. (a) Describe addiction Counselling Procedure.

(b) What are stages of GRIEF Theories?

(DDGC04)

ASSIGNMENT - 1
DIPLOMA EXAMINATION, FEBRUARY/MARCH – 2024
PSYCHOLOGY GUIDANCE AND COUNSELLING
APPROCHES AND TECHNIQUES OF COUNSELLING

Paper – IV

MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. (a) Explain the concepts of Id, ego and super ego in Psychoanalytical approach with examples.
- (b) Describe the various techniques used in psychoanalytical approach.
2. (a) Explain the concepts of conditioning and Reward and Punishment in behaviouristic counselling.
- (b) Describe Aversion therapy and desensitization.
3. (a) Explain Cognitive approach to counselling.

(DDGC04)

ASSIGNMENT - 2
DIPLOMA EXAMINATION, FEBRUARY/MARCH – 2024
PSYCHOLOGY GUIDANCE AND COUNSELLING
APPROCHES AND TECHNIQUES OF COUNSELLING

Paper – IV

MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. Describe the steps in cognitive Behaviour therapy(CBT).

2. (a) What is Humanistic approach describe.
(b) Describe person centered therapy.

3. (a) Describe group counselling.
(b) Explain the steps of addiction counseling.

(DDGC05)

ASSIGNMENT - 1
DIPLOMA EXAMINATION, FEBRUARY/MARCH – 2024
PSYCHOLOGY GUIDANCE AND COUNSELLING
MENTAL HEALTH AND PSYCHOLOGICAL DISORDERS

Paper – V

MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. (a) Define Mental Health and Wellbeing.
(b) Examine the Importance of Mental health Counselling in Present day INDIA.
2. (a) Definition of Stress and Individual Difference in feeling stress.
(b) What is Coping Strategies Explain.
3. (a) Write a notes on Panic Disorders.

(DDGC05)

ASSIGNMENT - 2
DIPLOMA EXAMINATION, FEBRUARY/MARCH – 2024
PSYCHOLOGY GUIDANCE AND COUNSELLING
MENTAL HEALTH AND PSYCHOLOGICAL DISORDERS

Paper – V

MAXIMUM : 30 MARKS
ANSWER ALL QUESTIONS

1. General Anxiety Disorder (GAD) Explain.

2. (a) Describe the major form of Personality Disorders.
(b) Describe the Personality Classification Disorders.

3. (a) What is bipolar disorder? Types of bipolar disorders.
(b) Some Facts about ‘ SUICIDE ’ - explain