D 154516 **(Pages : 2)** **Name.....**

Reg. No.....

FIFTH SEMESTER INTEGRATED P.G. DEGREE (REGULAR/ SUPPLEMENTARY/IMPROVEMENT) EXAMINATION, NOVEMBER 2026

Psychology

PSY 5IB 03—PSYCHOLOGICAL COUNSELLING—I

(2020 Admission onwards)

Time : Two Hours Maximum : 60 Marks

Section A

Answer **all** *questions.*
Each question carries 2 *marks.*

1. Counselling.
2. Goals of counselling.
3. Job activities performed by counsellors.
4. Counselling and guidance.
5. Types of counselling interviews.
6. Assessment in counselling.
7. Uses of diagnosis in counselling.
8. Challenges faced by counsellors.
9. Process-oriented research in counselling.
10. Legal concerns in counselling practice.
11. Liaison fields where counselling is applied.
12. Components of relationship.

(Ceiling : 20 marks)

Turn over

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Section B

Answer **all** *questions in* **a paragraph.**
5 *marks each.*

13. Explain on the distinct features of counselling psychology.
14. Explain the role of psychological testing in counselling.
15. Discuss the importance of trauma counselling in present society.
16. Describe the significance of facilitative conditions in the counselling relationship.
17. Explain briefly on the formats of counselling.
18. Explain the importance of counsellors working with ethical responsibility.
19. Discuss the role of technological tools in counselling practice.

(Ceiling : 30 marks)

Section C

Write any **one** *essay from the following.*
The question carries 10 *marks.*

20. Describe in detail the components of a strong counselling relationship and their importance.
21. Discuss the training, job settings, and professional activities of counsellors.

(1 × 10 = 10 marks)