



QP CODE: 25047348



25047348

Reg No :

Name :

M.Sc DEGREE (CSS) EXAMINATION, NOVEMBER 2025

Third Semester

M Sc Psychology

Core Course - PY010302 - COUNSELLING

2019 ADMISSION ONWARDS

D1C38793

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. Define counselling and explain the scope of counselling.
2. Explain the characteristics of counselee.
3. Self-disclosure.
4. Leading Techniques.
5. Key concepts of Client centered counseling.
6. Role of REBT counsellor
7. Creativity and Helping as per stage 2 of Egan's model.
8. Best fit strategies as per stage 3 of Egan's model.
9. Stages of group formation.
10. Vocational training

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Explain related concepts and types of counselling.
12. Describe the procedures to be followed while conducting initial counseling interview.
13. Techniques, Contributions and limitations of adlerian counselling.
14. Describe Problem management and opportunity development approach to helping as per Egan's model.
15. Explain Stage 1 – Current picture of Egan's model.





16. Explain the need of counselling in groups and the role of counsellor in group counselling.
17. Explain effective group leader and group member behaviours.
18. Explain the causal factors of suicide and discuss suicide prevention counseling.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Explain the concepts related to counselling. Differentiate between counselling and Psychotherapy.
20. Briefly explain Counseling skills and techniques.
21. Explain Reality Therapy.
22. Explain different approaches of family counseling.

(2×5=10 weightage)

