

Roll No.

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Total No. of Pages : 02

Total No. of Questions : 09

MECM (2015 &amp; Onwards) (Sem.-2)

# BASICS OF COUNSELLING

Subject Code : MECM-202

Paper ID : [G1132]

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTION TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students has to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students has to attempt any TWO questions.

## SECTION-A

Q1 Write short notes on the following :

- a) Concept of counselling.
- b) Meaning of psychotherapy.
- c) Relevance of counselling.
- d) Importance of psychotherapy.
- e) Importance of counseling for ecological assessment.
- f) Reality therapy.
- g) Group guidance.
- h) Counselling as a discipline.
- i) Counselling skills.
- j) Importance of counselling for positivity.

## SECTION-B

- Q2 Differentiate between counselling and guidance.
- Q3 Discuss non-directive approach of counselling.
- Q4 Explain goals of counselling.
- Q5 What is relationship establishment in counselling process?
- Q6 Discuss qualities of an effective counselor.

## SECTION-C

- Q7 Discuss theories of counselling with the help of examples.
- Q8 Discuss ethics of counselling in your own words.
- Q9 Explain importance of counselling for career, academics and workplace.