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BRAINWARE UNIVERSITY

Term End Examination 2024-2025

Programme – M.Sc.(APSY)-2023

Course Name – Guidance & Counseling

Course Code - APSY401

(Semester IV)

Library

Brainware University
398, Ramkrishnapur Road, Barasat
Kolkata, West Bengal-700137

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Select the term that best describes guidance as a process:
 - a) Directive
 - b) Non-collaborative
 - c) Reactive
 - d) Collaborative
- (ii) Select the term that best describes the non-directive approach in guidance:
 - a) Authoritarian
 - b) Authoritarian
 - c) Coercive
 - d) Client-centered
- (iii) Select the term that refers to the mental representation of one's own qualities and attributes.
 - a) Self-schema
 - b) Self-esteem
 - c) Self-image
 - d) Self-perception
- (iv) Select the term that refers to the individual's belief in their ability to succeed in specific situations or accomplish tasks.
 - a) Self-efficacy
 - b) Self-esteem
 - c) Self-concept
 - d) Self-awareness
- (v) Choose the type of personality test that uses ambiguous stimuli to reveal unconscious thoughts.
 - a) Self-report inventory
 - b) Projective test
 - c) Behavioral assessment
 - d) Trait assessment
- (vi) Choose the term for a phenomenon where a client projects feelings onto the counsellor.
 - a) Empathy
 - b) Transference
 - c) Countertransference
 - d) Sympathy
- (vii) Choose the career counselling approach that focuses on personal growth, self-awareness, and self-fulfillment.
 - a) Trait and factor approach
 - b) Humanistic approach
 - c) Cognitive-behavioral approach
 - d) Psychoanalytic approach

- (viii) Choose the technique that involves focusing on the present moment to reduce exam anxiety:
- a) Mindfulness
 - b) Procrastination
 - c) Daydreaming
 - d) Multitasking
- (ix) Choose the hormone that is often associated with the "fight or flight" response during exam stress:
- a) Insulin
 - b) Dopamine
 - c) Cortisol
 - d) Melatonin
- (x) Choose the type of relaxation technique that involves tensing and relaxing different muscle groups:
- a) Progressive muscle relaxation
 - b) Meditation
 - c) Visualization
 - d) Deep breathing
- (xi) Select the learning disability characterized by difficulty in reading accurately and fluently.
- a) Dyscalculia
 - b) Dysgraphia
 - c) Dyslexia
 - d) Auditory processing disorder
- (xii) Select the learning disability characterized by challenges in attention, hyperactivity, and impulsivity.
- a) Dyslexia
 - b) Dysgraphia
 - c) Dyscalculia
 - d) ADHD
- (xiii) Select the characteristic often observed in a gifted child.
- a) Slow learning rate
 - b) High level of curiosity
 - c) Difficulty in social interactions
 - d) Lack of interest in learning
- (xiv) Select a common challenge faced by gifted children.
- a) Lack of motivation
 - b) Low self-esteem
 - c) Difficulty fitting in with peers
 - d) Slow processing speed
- (xv) Select the organization responsible for the coordination and implementation of guidance and counseling services in India.
- a) Indian Psychiatric Society
 - b) Rehabilitation Council of India
 - c) National Council of Educational Research and Training (NCERT)
 - d) Indian Association of Clinical Psychologists

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Report the suggestions of RMSA in the context of guidance. (3)
3. Explain the following: 1. Environmental distinctiveness. 2. Comparative self assessment. 3. Social identity. (3)
4. Explain the disadvantages of individual counselling. (3)
5. Explain briefly some remedial strategies to reduce hyperactivity. (3)
6. Are you in favour of making separate arrangement for exceptional children? Illustrate three arguments to support your answer. (3)

OR

Explain three measures to develop creativity in children.

(3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Write difference between aptitude test and achievement test. (5)
8. Explain the advantages and challenges of administrative data. (5)
9. Explain how to REC your thoughts and change your mood. Conclude with an example. (5)
10. Explain the SQ3R study technique. Conclude with an example. (5)
11. Explain ways to de-stress yourself. Conclude with examples. (5)

12. Explain the structuring of groups in the context of group counselling. (5)
OR
Explain in detail the process of group counselling. (5)

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