



45549

**BRAINWARE UNIVERSITY**

Library
Brainware University
398, Ramkrishnapur Road, Barasat
Kolkata, West Bengal-700125

Term End Examination 2025-2026
Programme – M.Sc.(APSY)-2025
Course Name – Counseling Psychology
Course Code - MPY20404
(Semester II)

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) Identify the primary focus of counselling psychology
 - a) Diagnosis of mental illness
 - b) Personal growth and adjustment
 - c) Use of medication
 - d) Experimental research
- (ii) Identify the nature of counselling as a professional relationship
 - a) Authoritative
 - b) Directive
 - c) Collaborative
 - d) Punitive
- (iii) Identify the historical origin of counselling psychology
 - a) Industrial revolution
 - b) World War II
 - c) Renaissance period
 - d) Cognitive revolution
- (iv) Identify the main goal of counselling
 - a) Giving advice
 - b) Solving problems for clients
 - c) Facilitating self-understanding
 - d) Imposing values
- (v) Identify the principle that ensures fairness to all clients
 - a) Autonomy
 - b) Justice
 - c) Fidelity
 - d) Beneficence
- (vi) Identify the counselling issue arising from value imposition
 - a) Cultural bias
 - b) Ethical dilemma
 - c) Burnout
 - d) Transference
- (vii) Select the purpose of evaluating progress in counselling
 - a) Diagnosis
 - b) Measuring effectiveness
 - c) Building rapport
 - d) Ending counselling
- (viii) Choose the most appropriate time to evaluate counselling outcomes
 - a) Before first session
 - b) Midway and end
 - c) Only at termination
 - d) After follow-up
- (ix) Choose the group counselling phase focused on closure

- a) Formation
- b) Transition
- c) Working
- d) Termination
- (x) Choose the counselling approach that focuses on improving communication between spouses
 - a) Behavioural therapy
 - b) Marital counselling
 - c) Crisis counselling
 - d) Career counselling
- (xi) Select the main objective of counselling
 - a) Diagnosis of mental illness
 - b) Personal growth and adjustment
 - c) Prescribing medication
 - d) Behaviour control
- (xii) Select the nature of counselling relationship
 - a) Authoritative
 - b) Collaborative
 - c) Punitive
 - d) Judgmental
- (xiii) Select the first stage of the group counselling process
 - a) Working stage
 - b) Termination stage
 - c) Formation stage
 - d) Follow-up stage
- (xiv) Select the therapeutic factor unique to group counselling
 - a) Insight
 - b) Universality
 - c) Confidentiality
 - d) Diagnosis
- (xv) Choose the counselling approach that addresses fear of examinations
 - a) Career counselling
 - b) Exam anxiety management
 - c) Marital counselling
 - d) Crisis intervention

Group-B

(Short Answer Type Questions)

3 x 5=15

- 2. Examine the nature of counselling as a professional helping relationship. (3)
- 3. Examine ethical issues related to value imposition in counselling. (3)
- 4. Construct the significance of goal setting in counselling. (3)
- 5. Express the importance of empathy in counselling terminally ill patients. (3)
- 6. Express the importance of stress management in academic life. (3)

OR

- Express the value of goal setting in academic counselling. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

- 7. Explain the meaning and nature of counselling. (5)
- 8. Explain the importance of ethics in counselling. (5)
- 9. Evaluate the role of counselling in promoting mental health. (5)
- 10. Evaluate the impact of counselling on personal development. (5)
- 11. Express the role of the counsellor during the counselling process. (5)
- 12. Explain the concept and purpose of individual counselling. (5)

OR

- Explain the process involved in individual counselling. (5)

Library
Brainware University
308, Ramkrishnapur Road, Barasat
Kolkata, West Bengal-700125