



BRAINWARE UNIVERSITY

Term End Examination 2025-2026
Programme – M.Sc.(APSY)-2023/M.Sc.(APSY)-2024
Course Name – Guidance & Counseling
Course Code - APSY401
(Semester IV)

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 most suitable definition of guidance in psychology:
- | | |
|---------------------------------------|---|
| a) A process of manipulating behavior | b) Providing assistance and support to individuals in making choices and solving problems |
| c) Diagnosing mental illnesses | d) Controlling emotions |
- (ii) Select the fundamental principle guiding the practice of guidance:
- | | |
|---------------------------------|-------------------------------|
| a) Imposing solutions | b) Respecting confidentiality |
| c) Ignoring individual autonomy | d) Forcing conformity |
- (iii) Select the primary objective of career guidance:
- | | |
|---|---|
| a) Forcing individuals into specific career paths | b) Helping individuals explore career options and make informed decisions |
| c) Limiting career choices | d) Ignoring individual interests and aptitudes |
- (iv) Select the term that refers to a person's overall self-evaluation or sense of self-worth.
- | | |
|-----------------------|------------------|
| a) Self-esteem | b) Self-concept |
| c) Self-actualization | d) Self-efficacy |
- (v) Select the term that refers to the ability to understand and share the feelings of another.
- | | |
|---------------|-------------|
| a) Empathy | b) Sympathy |
| c) Compassion | d) Altruism |
- (vi) Select the term that involves setting goals and working towards achieving them.
- | | |
|--------------------|-----------------------|
| a) Self-regulation | b) Self-motivation |
| c) Self-control | d) Self-determination |
- (vii) Select the best definition of an achievement test.
- | | |
|----------------------------------|--|
| a) A test that measures aptitude | b) A test that measures personality traits |
|----------------------------------|--|

- c) A test that measures knowledge or skills learned d) A test that measures emotional intelligence
- (viii) Select the test that assesses emotional and personality disorders.
- a) SAT b) WAIS
c) MMPI d) Stanford-Binet
- (ix) Choose the Big Five personality trait that describes being outgoing and seeking social interaction.
- a) Openness b) Extraversion
c) Agreeableness d) Neuroticism
- (x) Choose the stage in the counselling process where goals are established.
- a) Assessment b) Termination
c) Planning d) Intervention
- (xi) Choose a benefit of group counselling over individual therapy.
- a) One-on-one attention b) Privacy
c) Multiple perspectives d) Faster progress
- (xii) Choose the stage in group development where conflicts might arise.
- a) Norming b) Forming
c) Storming d) Performing
- (xiii) Select the learning disability characterized by difficulty in reading accurately and fluently.
- a) Dyscalculia b) Dysgraphia
c) Dyslexia d) Auditory processing disorder
- (xiv) Select the learning disability characterized by challenges in writing legibly and coherently.
- a) Dyslexia b) Dysgraphia
c) Dyscalculia d) Auditory processing disorder
- (xv) Select the characteristic often exhibited by intellectually gifted children.
- a) Limited vocabulary b) Reluctance to ask questions
c) High sensitivity to criticism d) Advanced problem-solving skills

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Group-B

(Short Answer Type Questions)

3 x 5=15

2. Explain, State Bureaus of Educational and vocational guidance were established to perform what functions. (3)
3. Explain the following: 1. The working self concept. 2. Self complexity. (3)
4. Explain the need and purpose of classification of data. (3)
5. Recommend some strategies or plan for the benefit of gifted children. (3)
6. Summarily list the functions of career counsellors. (3)

OR

Summarily list the things that can increase exam anxiety. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Describe the sources of self knowledge. (5)
8. Explain the different methods of personality assessment. (5)
9. Explain the components of social skills and conclude with how social skill training helps? (5)
10. Explain some things that can reduce exam anxiety and estimate there usefulness. (5)
11. Explain the SMART study technique. Conclude with an example. (5)
12. Explain the concept and need of individual counselling. (5)

OR

Explain the meaning and assumptions of group counselling. (5)