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BRAINWARE UNIVERSITY

Term End Examination 2025-2026

Programme – B.Sc.(PSY)-Hons-2023

Course Name – Counselling Psychology

Course Code - BPY60118

(Semester VI)

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, which historical event had a significant influence on the development of counseling psychology?
 - a) The Kargil War
 - b) The Great Depression
 - c) The Industrial Revolution
 - d) The Renaissance
- (ii) Identify the principle that requires counselors to do no harm and to minimize potential harm to clients.
 - a) Autonomy
 - b) Beneficence
 - c) Non-maleficence
 - d) Justice
- (iii) Identify the principle that requires counselors to be honest and truthful with clients.
 - a) Fidelity
 - b) Veracity
 - c) Autonomy
 - d) Confidentiality
- (iv) Identify the Freudian structure of the mind responsible for mediating between the demands of the id and the constraints of the superego.
 - a) Ego
 - b) Superego
 - c) Libido
 - d) Persona
- (v) Select the concept that describes the emotional reaction of therapist towards the patient in psychoanalysis.
 - a) Repression
 - b) Resistance
 - c) Transference
 - d) Countertransference
- (vi) Choose the skill that can help clients explore the potential barriers to change.
 - a) Confrontation
 - b) Self-disclosure
 - c) Paraphrasing
 - d) Decisional balance
- (vii) Choose the skill that encourages the client to share more about their thoughts and feelings.
 - a) Reflection
 - b) Summarizing
 - c) Open-ended questioning
 - d) Self-disclosure

(viii) Choose the aspect of termination in counseling that often involves reviewing the accomplishments and growth of client:

- a) Closure
- b) Contracting
- c) Feedback
- d) Evaluation

(ix) Choose the primary focus of educational guidance:

- a) Forcing academic pursuits
- b) Enhancing learning experiences and academic success
- c) Disregarding individual learning styles
- d) Ignoring educational goals

(x) Choose the key component of effective communication in counselling.

- a) Giving advice
- b) Active listening
- c) Interrupting
- d) Providing solutions

(xi) Choose the factor that is not typically considered in career assessment.

- a) Personality
- b) Interests
- c) Income level
- d) Skills

(xii) Choose the technique that involves focusing on the present moment to reduce exam anxiety:

- a) Mindfulness
- b) Procrastination
- c) Daydreaming
- d) Multitasking

(xiii) Choose the best approach for an educational counsellor to help students with low motivation.

- a) Criticize their lack of effort
- b) Provide positive reinforcement
- c) Ignore the issue
- d) Assign extra work

(xiv) Choose the primary goal of marital counseling.

- a) Financial management
- b) Conflict resolution
- c) Improving physical health
- d) Parenting skills

(xv) Choose an outcome that marital counseling aims to achieve.

- a) Immediate divorce
- b) Mutual understanding
- c) Job promotions
- d) Increased financial independence

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Explain how belief in the possibility of change can help the counselling process? (3)
3. Explain how good question benefits the counselling sessions. (3)
4. Explain the concept of clear and specific goals in counselling setting. (3)
5. Explain the role of cognitive restructuring in stress management. (3)
6. Write how to prepare for possible difficulties in a counselling setting. (3)

OR

Write with examples about Unhelpful thought and more helpful thought. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Explain the ethical principles in counselling. (5)
8. Explain different ways to gather information in counselling sessions. (5)
9. Explain various ways to release strong emotion. (5)
10. Explain the role of school counselors in detail. Support your answer with real life job roles of a school counsellor. (5)
11. Explain the stages in the career counselling process. Support your answer with examples for each stages. (5)
12. Explain some activities that can help people come out of depression. Support your answer with examples. (5)

OR

Write in detail about the termination phase in counselling. Summarize a brief example in that context. (5)

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