



QP CODE: 20100140

Reg No :

Name :

UNDERGRADUATE (CBCS) EXAMINATION, FEBRUARY 2020

Fifth Semester

(Offered by the Board of Studies in Psychology)

Open Course - PY5OPT01 - BASICS OF COUNSELLING PSYCHOLOGY

2017 Admission Onwards

4A49CBD6

Time: 3 Hours

Maximum Marks :80

Part A

*Answer any **ten** questions.*

Each question carries 2 marks.

1. Gestalt.
2. Chaining.
3. Storage of memory.
4. Amnesia.
5. Motivation.
6. Non-verbal communication.
7. Autonomy.
8. Institutionalization.
9. Reality Principle.
10. Selective thinking.
11. Write any 2 psychoanalytic technique.
12. Define invivo exposure in systematic desensitization.

(10×2=20)



Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. Explain Pure psychology.
14. Set in attention and span of attention.
15. Memory improvement methods.
16. Yerke's dodson law and goal expectancy.
17. Define emotion and explain Schachter singer two factor theory.
18. Termination of relationship.
19. Steps in non-directive counseling.
20. Examine the behavioral approach in counselling.
21. Examine person centered approach in counselling

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Differentiate between psychology and pseudopsychology.
23. Explain Pavlov's Conditioning Theory.
24. Explain the different steps in observational learning.
25. Explain the techniques of REBT and reality therapy.

(2×15=30)

