

QP CODE: 19102539



Reg No : .....

Name : .....

**UNDERGRADUATE (CBCS) EXAMINATION, OCTOBER 2019**

**Fifth Semester**

(Offered by the Board of Studies in Psychology)

**Open Course - PY5OPT01 - BASICS OF COUNSELLING PSYCHOLOGY**

2017 Admission Onwards

D8D8B2E4

Maximum Marks: 80

Time: 3 Hours

**Part A**

*Answer any **ten** questions.*

*Each question carries 2 marks.*

1. Experimental psychology.
2. Distraction of attention.
3. Reinforcement.
4. Childhood amnesia.
5. Schachter Singer theory.
6. Paraphrasing.
7. Disadvantages of Non-Directive counselling.
8. Process goals.
9. Projection.
10. Minimization.
11. Define invitro exposure in systematic desensitization.
12. Reality therapy..

(10×2=20)

**Part B**

*Answer any **six** questions.*

*Each question carries 5 marks.*

13. Explain the working definition of psychology.
14. Generalization and discrimination.





15. Types of memory.
16. Maslow's hierarchy of needs.
17. Motives and its types.
18. Phases of counselling
19. Psychotherapy and counselling.
20. Explain the behavioural approach in detail.
21. What are the core conditions in person centred approach in counselling?

(6×5=30)

**Part C**

*Answer any **two** questions.*

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

22. What is psychology and explain the schools of modern scientific psychology.
23. Explain the different steps in observational learning.
24. Define memory and explain the memory improvement techniques.
25. Explain the psychoanalytic as a counselling technique.

(2×15=30)

