

**MA SOCIOLOGY
FOURTH SEMESTER
COUNSELLING & GUIDANCE
MSO-405 A**

(Use separate answer scripts for Objective & Descriptive)

Duration : 3 hrs.

Full Marks : 70

[PART-A : Objective]

Time : 20 min.

Marks : 20

Choose the correct answer from the following:

1x20=20

1. Which of the following is the characteristic of a good counsellor?
 - a. Respect
 - b. Both (a) and (b)
 - c. Restlessness
 - d. Neither (a) or (b)
2. The key advantage of using group counselling over individual counselling is:
 - a. Confidentiality
 - b. Peer exploration of issues
 - c. Social interaction
 - d. Less fear of speaking about emotions
3. Counselling is also known as:
 - a. Action Therapy
 - b. Talking Therapy
 - c. Beauty Therapy
 - d. Sleeping Therapy
4. Guidance process consists of group of services to individual to assist him in securing knowledge and skill needed in making adequate choices, plans and interpretation essential to satisfactory adjustments in a variety of areas." Who said this?
 - a. Traxler
 - b. Mehdi
 - c. Smith
 - d. None of the above
5. Paterson has suggested about how many types of guidance?
 - a. Five
 - b. Six
 - c. Seven
 - d. Eight
6. Who is the leading exponent of Non-directive Counselling?
 - a. Williamson
 - b. Plato
 - c. Carl Rogers
 - d. F.F. Throne
7. Assisting the students to acquire such knowledge of the characteristics and functions, duties, responsibilities and rewards of occupations that are within the range of their choice is the aim of:
 - a. Educational Guidance
 - b Vocational Guidance
 - c. Personal Guidance
 - d. None of the above
8. The counselling method in which the client has to follow the dictation of the counsellor is:
 - a. Directive Method
 - b. Non-directive method
 - c. Eclectic Method
 - d. None of the above
9. Anticipation and avoidance of conflicts or problems is the main focus of:
 - a. Directive Counselling
 - b. Non directive Counselling
 - c. Preventive Counselling
 - d. Disability Counselling

10. Guidance is the promotion and growth of individual in the:
 - a. Straight direction
 - b. Self direction
 - c. Opposite direction
 - d. All the above direction
11. The ability which requires a good will power to handle the external and internal stressors is called:
 - a. Stress management
 - b. Pressure management
 - c. Tension management
 - d. Weight management
12. The book "Preventive Counseling: Helping People to Become Empowered in Systems and Settings" is written by:
 - a. Williamson
 - b. Freud
 - c. Robert K. Conyne
 - d. Rogers
13. Among the following who helps the individuals to adapt and manage change and transition?
 - a. Mother
 - b. Counsellor
 - c. Sister
 - d. Brother
14. Psychologist Aaron Beck is associated with:
 - a. Cognitive Therapy
 - b. RET
 - c. REBT
 - d. NLP
15. Among the following which of the counselling process offers couples to stay accountable to each other?
 - a. HIV/AIDS Counselling
 - b. Family Counselling
 - c. Disability Counselling
 - d. Marriage Counselling
16. In 1911 Harvard University started a course in:
 - a. Vocational guidance
 - b. Educational guidance
 - c. Personal guidance
 - d. Social guidance
17. In marriage counselling, counsellor acts as a mediator between:
 - a. Sisters
 - b. Spouses
 - c. Brothers
 - d. Mothers
18. "Educational guidance is concerned with assistance given to pupils in their choice and adjustment in relation with school curriculum and school life" the statement was given by:
 - a. Froger
 - b. Freud
 - c. Jones
 - d. Williamson
19. Who is the father of Vocational Guidance?
 - a. Frank Parsons
 - b. Freud
 - c. Froger
 - d. Franklin
20. One-On-One Talk Therapy is applicable in:
 - a. Individual Counselling
 - b. Group Counselling
 - c. Community Counselling
 - d. All the above

(PART-B : Descriptive)

Time : 2 hrs. 40 min.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. Explicate in detail regarding Rational Emotive Behaviour Therapy. 10
2. Cite some principles of guidance services and also mention the significance of guidance services. 5+5=10
3. What is marriage counseling? Mention the significance of marriage counselling. 4+6=10
4. a. Briefly state the implication of Cognitive therapy. 6+4=10
b. What are the characteristics of Eclectic Counselling?
5. a. What is Counselling? 5+5=10
b. Briefly state the relevance of rehabilitative counselling?
6. a. Specify the qualities of a good counselor. 6+4=10
b. Who are gifted children?
7. Describe in detail regarding directive counselling and non-directive counselling. 5+5=10
8. What is crisis counselling? Explain the elements of crisis counselling in greater detail. 4+6=10

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