

**PG-C-2160**

**MCP-15X**

**P.G. DEGREE EXAMINATION –  
DECEMBER 2023.**

**Counselling and Psychotherapy**

**First Year**

**COUNSELLING TECHNIQUES AND ASSESSMENT**

**Time : 3 hours**

**Maximum marks : 70**

**PART A — ( $5 \times 5 = 25$  marks)**

**Answer any FIVE questions out of Eight questions in  
300 words:**

1. Explain the term counselling as a profession.
2. Write about T Group and Sensitivity in counselling
3. Write about productivity and realization of group counselling.
4. Write a short note on Autobiography and dairies and daily schedules.
5. How to evaluate a test?
6. Write about Reliability and Validity.

7. Write about Rating scales and check list of interview schedules.
8. Explain about Egan's Model.

PART B — ( $3 \times 15 = 45$  marks)

Answer any THREE questions out of Five questions in 1000 words:

9. What are the functions of counsellor and write about their values in detail.
10. Explain the termination and multi-cultural issues in group counselling.
11. Explain about the Case study preparation and report writing.
12. What are the principle characteristics of psychological tests and its Purposes?
13. What are the classifications of intelligence test and write a short note on performance test.

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**P.G. DEGREE EXAMINATION –  
DECEMBER, 2023.**

**Counselling and Psychotherapy**

**BRIDGE COURSE**

**Time : 2 hours**

**Maximum marks : 100**

**Answer ALL questions.**

**(50 × 2 = 100 marks)**

1. Where the word "psychology" does come from?
  - (a) Italian
  - (b) Greek
  - (c) Latin
  - (d) None of the above
  
2. Psychology is said to be the scientific study of \_\_\_\_\_ and \_\_\_\_\_.
  - (a) Behavior, mental processes
  - (b) Mental illness, Mental health
  - (c) Physical states, mental states
  - (d) None of the above

3. Psychology is a
  - (a) Biological science
  - (b) Physical science
  - (c) Social science
  - (d) Natural science
4. Who is the father of Experimental psychology?
  - (a) Wilhelm Wundt
  - (b) G. Jung
  - (c) Sigmund Freud
  - (d) None of the above
5. Which of the following part of the brain sends signals "alert" to the higher centers in response to incoming messages?
  - (a) Reticular formation
  - (b) Hippocampus
  - (c) Limbic system
  - (d) Amygdala
6. Psychophysics is a study of
  - (a) Perception illness
  - (b) Movement perception
  - (c) Psychological perception or physical stimuli
  - (d) None of the above

7. Which of the following is an example of the negative attitude towards people?
- (a) Stereotype                      (b) Prototype  
(c) Prejudice                      (d) Discrimination
8. Which of the following part of the brain is responsible for transferring short-term memory to long-term memory?
- (a) Cerebellum                      (b) Hippocampus  
(c) Amygdala                      (d) None of the above
9. From the list of below options, which does not contribute in memory?
- (a) Some rest after learning  
(b) Gender  
(c) Goal behind learning  
(d) Interesting learning material
10. Different people often react differently to the same situations. In psychology, it is referred to as -
- (a) Nativism  
(b) Individual differences  
(c) Multiple determinants  
(d) None of the above

11. Which of the following Greek philosopher believed that knowledge is acquired through learning and experience?
- (a) Aristotle                      (b) Plato  
(c) Archimedes                      (d) None of the above
12. Which of the following is a belief that the mind is fundamentally different from the body?
- (a) Mind-body Dualism  
(b) Specialism  
(c) Centralism  
(d) Mindism
13. Which of the following is another term for reinforcement?
- (a) Reward                      (b) Condition  
(c) Response                      (d) None of the above
14. Which of the following is the idea by which we can access the personality of someone by studying their face?
- (a) Physiognomy                      (b) Phrenology  
(c) Physiology                      (d) Somatology

15. People lost their touch with reality when they are
- (a) Psychopathic      (b) Psychotic
  - (c) Manic              (d) Neurotic
16. The process of using psychological methods by a trained psychologist for helping people with psychological problems is called as -
- (a) Psychoanalysis
  - (b) Psychotherapy
  - (c) Psychiatry
  - (d) None of the above
17. The term used to refer the first two weeks of life is
- (a) The period of infancy
  - (b) The neonatal stage
  - (c) Early childhood
  - (d) Preoperational stage
18. Which of the following is a part of the psychosocial domain?
- (a) Judgment
  - (b) Style of behaving
  - (c) Memory
  - (d) Motor skills

19. The term used for describing a child's one-word utterances is
- (a) Holophrases      (b) Telegraphic speech  
(c) Under extensions   (d) None of the above
20. Which of the following is not a diagnosable sleep disorder?
- (a) Insomnia      (b) Somniloquy  
(c) Somnambulism   (d) Sleep terror
21. Intelligence can be defined as -
- (a) Knowledge of great many facts  
(b) Getting good grades in school  
(c) Ability to think abstractly and learn from experience  
(d) None of the above
22. Which of the following controls the reflexes?
- (a) Hypothalamus      (b) Spinal cord  
(c) Frontal lobe      (d) None of the above
23. Which of the following is controlled by the thyroid gland?
- (a) Glucose      (b) Emotions  
(c) Metabolism      (d) None of the above



24. Which of the following is the ability to sense the movement and position of our body parts?
- (a) Proprioprediction (b) Proprioliction  
(c) Proprioception (d) Proprioaction
25. The range of IQ in the people with moderate mental retardation is
- (a) 35 to 54 (b) 10 to 19  
(c) 20 to 34 (d) 55 to 70
26. The method of gathering information about the brain that indicates the overall activity of the brain is called as -
- (a) Positron emission tomography  
(b) Electrical stimulation  
(c) Electroencephalogram  
(d) None of the above
27. Suppose a person met with an accident, and later, he turned into less concerned, irresponsible, and impulsive with the consequences of his actions. It happened because the person must have suffered damage in -
- (a) Occipital lobe (b) Parietal lobe  
(c) Frontal lobe (d) All of the above

28. Who started the scientific study of creativity?
- (a) Mednick
  - (b) Guilford
  - (c) Galton
  - (d) Torrance
29. Amit made a to-do list, but he mistakenly left it at home while going out for his initial activity. When he tried to remember it, he only remembers the beginning of the list and the end of the list, but he did not remember the things in the middle. The above situation is an example of -
- (a) Flashbulb memory
  - (b) Serial position effect
  - (c) Encoding specificity effects
  - (d) None of the above
30. Who coined the term serial-position effect?
- (a) Herman Ebbinghaus
  - (b) Sigmund Freud
  - (c) Wilhelm Wundt
  - (d) Sigmund Freud

31. Suppose you enter in a room and notice a disgusting smell on your first walk into the room, but you stop noticing it when you stay there for a while. What does it illustrate?
- (a) Selective attention
  - (b) Synesthesia
  - (c) Sensory adaptation
  - (d) Sensory attention
32. Who is the author of the book "principles of psychology"?
- (a) Charles Darwin    (b) Sigmund Freud
  - (c) William James    (d) Wilhelm Wundt
33. Which of the following method is used for memorizing a poem?
- (a) Serial memorizing
  - (b) Syntactic memorizing
  - (c) Distributed practice
  - (d) None of the above

34. The act in which people help someone without any reason, motive, or we can say personal interest is known as -
- (a) Nurturance                      (b) Social obligation
  - (c) Prosocial behavior   (d) None of the above
35. If a student studies and practices hard with enjoyment and interest, it is known as -
- (a) Cognitive engagement
  - (b) Healthy adjustment
  - (c) Behavioral engagement
  - (d) Emotional engagement
36. For how many seconds, short-term memory holds information?
- (a) 30 seconds or less
  - (b) 50 seconds
  - (c) More than 50 seconds
  - (d) None of the above
37. Who is the father of psychodynamic theory?
- (a) Charles Darwin    (b) Sigmund Freud
  - (c) Wilhelm Wundt    (d) None of the above

38. Who is the first woman awarded a Ph.D. in psychology?
- (a) Melanie Klein
  - (b) Karen Horney
  - (c) Anna Freud
  - (d) Margaret Floy Washburn
39. Which of the following branch of psychology concerned with the study of animal behavior?
- (a) Comparative psychology
  - (b) Differential psychology
  - (c) Social psychology
  - (d) Abnormal psychology
40. In India, first psychological laboratory was established at –
- (a) Delhi university
  - (b) Bombay university
  - (c) Calcutta university
  - (d) None of the above

41. In which year the first psychology department started in the dept. of philosophy at Calcutta University?
- (a) 1907
  - (b) 1890
  - (c) 1916
  - (d) None of the above
42. Phrenologists tried to find out the personality of someone by -
- (a) Feeling a person's skull
  - (b) Reading the horoscope of the person
  - (c) Looking at the hands of the person
  - (d) None of the above
43. In which theory the age-related changes in intelligence are best explained?
- (a) Jensen's theory
  - (b) Sternberg's theory
  - (c) Cattell's theory
  - (d) None of the above

44. Study of qualities of a person is called as the -
- (a) Nomothetic approach
  - (b) Idiographic approach
  - (c) General approach
  - (d) None of the above
45. Who is the founder of the "Individual Psychology"?
- (a) Alfred Adler
  - (b) Alfred Binet
  - (c) David Hull
  - (d) None of the above
46. Which of the following is the overt behavior?
- (a) Do each and every thing
  - (b) A person perform what he/she sense
  - (c) A person perform what he/she see
  - (d) None of the above
47. Which of the following are the symptoms of schizophrenia?
- (a) Dizziness
  - (b) Deafness
  - (c) Hallucination, delusion
  - (d) All of the above

48. The single factor theory of intelligence was given by
- (a) Alfred Adler
  - (b) Alfred Binet
  - (c) David Hull
  - (d) None of the above
49. The feeling of tension is known to be
- (a) Anxiety
  - (b) Depression
  - (c) Panic
  - (d) None of the above
50. Which of the following facial expression is recognized universally?
- (a) Raised eyebrows
  - (b) Pursed lips
  - (c) Smiling
  - (d) None of the above