



**TAMIL NADU OPEN UNIVERSITY**  
Chennai – 15  
**School of Social Sciences**  
**SPOT ASSIGNMENT**

**P.G. Diploma in Guidance and Counselling**

<b>COURSE</b>	<b>COURSE CODE</b>	<b>CALENDAR YEAR</b>
<b>Development Psychology</b>	<b>PGDGC 11</b>	<b>BEFORE - 2020</b>
<b>Time: 1 Hour</b>		<b>Total Marks: 25</b>

**Answer any FOUR questions.**

1. Elaborate the meaning and characteristics of prenatal period.
2. Explain briefly conception, mechanisms of multiple births and methods of child birth.
3. Outline the physical and psychological hazards that occur in babyhood.
4. Give a detailed account on identification, characteristics and education of gifted children.
5. Outline the four important physical changes that occur during the puberty growth spurt.
6. Explain any five major areas of interest during adolescence.



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<b>COURSE</b>	<b>COURSE CODE</b>	<b>CALENDAR YEAR</b>
<b>Psychopathology and Mental Health</b>	<b>PGDGC 12</b>	<b>BEFORE - 2020</b>
<b>Time: 1 Hour</b>		<b>Total Marks: 25</b>

Answer any FOUR questions.

1. Elucidate Jung's perspective on the development of personality.
2. Explain the key concepts in Adlerian theory of personality.
3. Outline the therapeutic process and techniques proposed by Erikson.
4. Discuss the effects of emotion on personality.
5. Highlight the influence of family on personality development.
6. Write in detail about the sources and management of emotional stress.



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<b>COURSE</b>	<b>COURSE CODE</b>	<b>CALENDAR YEAR</b>
<b>Fundamentals of Guidance and Counselling</b>	<b>PGDGC 13</b>	<b>BEFORE - 2020</b>
<b>Time: 1 Hour</b>		<b>Total Marks: 25</b>

**Answer any FOUR questions.**

1. Explain directive and non-directive approaches to counselling and specify their merits.
2. Outline the assumptions and techniques of REBT.
3. What is transactional analysis? Explain its value as therapeutic technique.
4. Bring out the need for employee counselling and methods used in it.
5. Elucidate the theories of career choice.
6. Chalk out a program for educational guidance in schools.



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<b>COURSE</b>	<b>COURSE CODE</b>	<b>CALENDAR YEAR</b>
<b>Counselling Techniques and Practice</b>	<b>PGDGC 14</b>	<b>BEFORE - 2020</b>
<b>Time: 1 Hour</b>		<b>Total Marks: 25</b>

**Answer any FOUR questions.**

1. Describe the desirable characteristics of a counsellor.
2. Elaborate counselling as a profession and the functions of a counsellor.
3. Explain the various stages of counselling.
4. Discuss the theoretical considerations and rationale behind group counselling.
5. Elucidate the techniques of counselling interview.
6. Highlight the importance of communication in counselling interviews and specify its forms.



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<b>COURSE</b>	<b>COURSE CODE</b>	<b>CALENDAR YEAR</b>
<b>Testing and Assessment for Counselling</b>	<b>PGDGC 15</b>	<b>BEFORE - 2020</b>
<b>Time: 1 Hour</b>		<b>Total Marks: 25</b>

**Answer any FOUR questions.**

1. Bring out the meaning of the terms reliability and validity. How will you estimate the reliability of a test?
2. Present the classification of intelligence tests with suitable examples.
3. Explain the techniques of assessing personality.
4. Give a detailed account on special aptitude tests.
5. Elucidate the techniques of attitude measurement. How will you use this data in counselling?
6. How could self-reports of the counselee be used in counselling assessment? Explain.