

Date:

Registration number:

ST. JOSEPH’S COLLEGE (AUTONOMOUS), BENGALURU-27

B.S.W - VI SEMESTER

SEMESTER EXAMINATION: JULY 2022

**SW 6118 - Introduction to Counselling**

Time- 2 ½ hrs Max Marks-70

This question paper contains **TWO** printed pages and **THREE** parts

**PART A**

**Answer any TEN questions 10 x 1 = 10**

1. Who developed the Behavioural approach?
2. In which year and where did Carl Rogers establish a counselling centre?
3. Mention any two problems which are unique to adolescents.
4. Who developed the Johari Window?
5. Mention any two values in counselling.
6. What do you mean by ‘communicative attunement’?
7. Name any four types of responses in counselling.
8. Mention two advantages of self-disclosure in counselling.
9. Expand SOLER.
10. Mention two techniques of self-exploration.
11. Why is industrial counselling important?
12. Mention four characteristic features that are specific to youth.

**PART B**

**Answer any FOUR of the following 4 X 5 = 20**

1. Write a note on ‘listening skill’ in counselling.
2. ‘There is an increased need for counselling among the elderly.’ Justify.
3. Discuss the importance of self-awareness among counsellors.
4. Attending is an essential stage in the counselling process. Elaborate.
5. You are approached by a woman who is struggling to cope with the loss of her legs due to an accident. What kind of counselling will you use to address her problem? Mention two techniques that you can use to help her cope with the situation.

**PART C**

**Answer any FOUR of the following 4 X 10 = 40**

1. Write a note on a) Advanced accurate empathy

b) Intervention techniques of counselling children

1. With the help of a case example from your field work experience, elaborate the stages of counselling. Mention how you have applied each stage while dealing with the counsellee.
2. You are a school counsellor. Design a programme which aims at preventive counselling for the high school students aged 13 – 15 years.
3. Explain the professional characteristics of a counsellor.
4. Anu is a 36-year-old woman who came for counselling two months after the break-up of her ten-year marriage to Saahil. She has two children, Tia aged 6 and Jai aged 9 months. Currently both children are in Anu’s care. Anu has been referred to a counsellor as she is showing early signs of depression and is finding it hard to cope with the situation.
5. Examine Anu’s problem with respect to the possible causes.
6. Briefly describe the techniques that you can use to help Anu to overcome her problem.