

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI – 600 086**  
**(For candidates admitted during the academic year 2020-2021 and thereafter)**

**M.A. DEGREE EXAMINATION, APRIL 2024**  
**HUMAN RESOURCE MANAGEMENT**  
**FOURTH SEMESTER**

**COURSE : MAJOR CORE**  
**PAPER : MANAGERIAL COUNSELLING**  
**SUBJECT CODE : 20HR/PC/MC44**  
**TIME : 3 HOURS** **MAX. MARKS : 100**

**SECTION A**

**ANSWER ALL QUESTIONS. ANSWER SHOULD NOT EXCEED 50 WORDS :**  
**(10 X 2 = 20)**

1. Define counselling.
2. State the roles of managers in counselling.
3. Why is it important to keep a record of counselling?
4. What is goal setting in counselling?
5. Describe Gestalt therapy?
6. Write about group counselling with examples.
7. What is the Egan's model of counselling?
8. Define Transaction Analysis.
9. What is the best counselling theory for substance abuse?
10. What is the importance of career counselling?

**SECTION B**

**ANSWER ANY FOUR QUESTIONS. ANSWER SHOULD NOT EXCEED 600 WORDS:**  
**(4 X 10 = 40)**

11. Discuss the ethical principles of counselling.
12. How would you promote positive mental health among individuals and the community members? Bring out your own scheme.
13. Describe the types of recording counselling.
14. Explain the techniques of cognitive behavioural theory.
15. Discuss the Directive and Non-Directive Counselling.
16. Discuss family counselling and marriage counselling with a case.

**SECTION C**

**ANSWER ANY TWO QUESTIONS. ANSWER SHOULD NOT EXCEED 1200 WORDS :**  
**(2 X 20 = 40)**

17. Enumerate the techniques of managing stress.
18. Discuss the goals of Counselling.
19. Discuss the three stages of Egan Model Counselling?
20. What are these points to be covered by a counsellor during the discussion with Suicidal clients?

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