

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 600 086**  
(For Candidates admitted during the academic year 2023 – 2024)

**B.Sc. DEGREE EXAMINATION APRIL 2026**  
**PSYCHOLOGY**  
**SIXTH SEMESTER**

**COURSE : MAJOR - CORE**  
**PAPER : COUNSELLING PSYCHOLOGY**  
**SUBJECT CODE : 23PY/MC/CP64**  
**TIME : 3 HOURS** **MAX. MARKS: 100**

Q. No.	SECTION A (10 x 3=30)	CO	KL
	<b>Answer all the questions not exceeding 50 words</b>		
1.	What is counselling? List any two of its main goals.	CO1	K1
2.	State any three characteristics of an effective counsellor.	CO1	K1
3.	Name and briefly describe any two approaches to counselling.	CO1	K1
4.	What is meant by the humanistic approach in counselling?	CO1	K1
5.	Discuss the scope of crisis counselling.	CO1	K1
6.	Explain why ethics are important in the counselling profession.	CO2	K2
7.	Explain how the eclectic approach benefits clients.	CO2	K2
8.	Explain active listening using an example.	CO2	K2
9.	When is self-disclosure unhelpful in the counselling process?	CO2	K2
10.	Why is confrontation considered a skill in counselling?	CO2	K2
Q. No.	SECTION B (5 x 8=40)	CO	KL
	<b>Answer all the questions not exceeding 400 words</b>		
11.	a) Analyze the challenges faced by counsellors while working with suicidal clients and crisis situations. Discuss how ethical principles and professional skills influence effective intervention. <b>(OR)</b> b) Compare and analyze the roles of family counselling and workplace counselling in promoting emotional well-being and problem-solving among individuals.	CO4	K4
12.	a) Compare and contrast between psychodynamic and humanistic approaches in counselling. <b>(OR)</b> b) Analyze the role of a therapist in behaviouristic approach	CO4	K4
13.	a) Examine the role of challenging self-defeating beliefs and promoting realistic self-assessment in facilitating change. <b>(OR)</b> b) Discuss how goal setting, action planning, and monitoring progress contribute to effective problem-solving and sustained behavioural change.	CO4	K4
14.	a) Break down the pros and cons of virtual therapy. <b>(OR)</b> b) Illustrate the ethical protocols that a counsellor has to follow to ensure professional and responsible practice.	CO5	K5
15.	a) Evaluate the effectiveness of school counselling in addressing students' academic, emotional, and social problems. Support your answer with suitable examples. <b>(OR)</b> b) Assess the importance of grief counselling in helping individuals cope with loss. Critically examine different techniques used by counsellors in grief management.	CO5	K5

Q. No.	SECTION C Answer any TWO questions not exceeding 800 words (2 x 15=30)	CO	KL
16.	A college student feels stressed due to academic pressure and family expectations. Using the goals and functions of counselling, explain how a counsellor can help this student cope effectively.	CO3	K3
17.	A client shows low self-esteem and fear of failure. Apply any one counselling approach to explain how the counsellor would assess the problem and plan intervention strategies.	CO3	K3
18.	Riya, a 21-year-old college student, feels overwhelmed by academic pressure and family expectations. She reports frequent anxiety, low confidence, and difficulty expressing her emotions. She avoids discussing her problems with friends and feels misunderstood.  Using Egan's Stage 1, explain how the counsellor can help Riya explore her feelings, experiences, and concerns.	CO3	K3
19.	A young professional is experiencing job stress, relationship conflicts, and symptoms of depression.  Imagine you are a workplace counsellor, applying the theories you know, how would you simplify and explain the goals, processes, and ethics of counselling to them?	CO3	K3

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