

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI – 600 086
(For candidates admitted during the academic year 2023 – 2024 & thereafter)

M.A. DEGREE EXAMINATION, APRIL 2026
HUMAN RESOURCE MANAGEMENT
FOURTH SEMESTER

COURSE : CORE
PAPER : MANAGERIAL COUNSELLING
SUBJECT CODE : 23HR/PC/MC44
TIME : 3 HOURS **MAX. MARKS : 100**

Q. No.	SECTION A Answer ALL in 50 words. (10 x 2 = 20 marks)	CO	KL
1	What is Counseling and List its Characteristics?	CO1	K1
2	What are the skills required for a counselor	CO1	K1
3	List the types of recording in Counselling	CO1	K1
4	What is Behavior modification?	CO1	K1
5	What is CBT? How does it work?	CO1	K1
6	Outline on Transactional Analysis	CO1	K2
7	Describe on Problem Exploration in Egan Model	CO1	K2
8	Discuss on Self-Understanding	CO1	K2
9	Compare and contrast Family Counselling with Marital Counselling	CO1	K2
10	Explain Counselling in Disaster situations.	CO1	K2
Q. No.	SECTION B Answer any FOUR questions from each K level not exceeding 600 words. (4 x 10 = 40 marks)	CO	KL
11	Identify the role of a Manager in counselling.	CO2	K3
12	Illustrate on the Ethical issues in Workplaces.	CO2	K3
13	Plan and recommend the ways to achieve Positive mental health.	CO2	K3

14	“Is Eclectic Therapy Effective?” – Analyse	CO3	K4
15	Examine the stage 2 in Egan Model of Counselling	CO3	K4
16	Analyze EAP and Substantiate with your views for implementing Employee assistance programs successfully in an organization.	CO3	K4
Q. No.	SECTION C Answer any TWO questions from each K level (2 x 20 = 40 marks)	CO	KL
17	Explain the evolution of counseling.	CO4	K5
18	Determine the strategies to manage work life balance	CO4	K5
19	“Is Gestalt Therapy Effective?” – Predict and Justify your views with an example	CO5	K6
20	Discuss on Performance counseling and its benefits at workplace	CO5	K6
