QP Code: U25C042

Reg. No : .....
Name : .....

ST MARY'S COLLEGE (AUTONOMOUS), THRISSUR-20

III SEMESTER (FYUGP) DEGREE EXAMINATIONS, OCTOBER 2025
SOC3MN203 : COUNSELLING
2024 Admission Onwards
(Credits: 4)

Time: 2 Hours **Maximum Marks: 70**

Section A

*Answer **all**. Each question carries **3** Marks.* ***(Ceiling: 24 Marks)***

1. List two helping professions related to counselling.
2. Mention any two basic counselling skills.
3. What are the core elements of Active listening?
4. What is the role of feedback in follow-up sessions?
5. What do you mean by Goal setting for the therapeutic process?
6. Describe the ethical issues in counselling.
7. Scrutinize family life cycle assessment.
8. Illustrate the meaning of one-on-one session.
9. Discuss about contextual factors in counselling process.
10. Examine the details of problem assessment in counselling.

Section B

*Answer **all**. Each question carries **6** Marks.* ***(Ceiling: 36 Marks)***

11. Describe the meaning and scope of counselling.
12. How would you assess a client who may pose a risk to others?
13. Discuss the principles of Solution-Focused Brief Therapy.
14. How would you build rapport with a resistant or reluctant client?
15. What are the historical processes behind the origin of counselling?
16. Explain how cultural background can influence the assessment process.
17. Describe the main features of group counselling and its benefits.
18. Scrutinize the merits of Community engagement and Collaborative partnership.

Turn Over

Section C

*Answer **any one**. Each question carries **10** Marks.* ***(1x10=10marks)***

19. Evaluate the impact of specialized counselling on overall societal well-being with examples.
20. Analyze a case where psychological assessment tools revealed conflicting results.

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