

C-1444
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Sub. Code
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97013
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**P.G. DIPLOMA EXAMINATION, NOVEMBER 2019**

**Non – Semester**

**School Counselling**

**INTRODUCTION TO MENTAL HEALTH**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What do you mean by abnormality?
2. Define Mind.
3. What is meant by Religion?
4. State the Mental Health Condition.
5. What do you mean by stressors?
6. Comment on Poverty.
7. Define Resilience.
8. Write any two indicators of mental health.
9. List some of the mental health problems.
10. What is mental health?

**Part B****(5 × 5 = 25)**Answer **all** questions.

11. (a) Discuss the physiological correlation of mental well being.
- Or
- (b) Describe the strategies to promote Mental Health.
12. (a) Explain the drivers of Resilience.
- Or
- (b) Discuss the physical and psychological determinants of mental health.
13. (a) Explain the impact of poverty on mental health.
- Or
- (b) List the strategies to reduce academic stress.
14. (a) Explain the indicators of poverty on mental health.
- Or
- (b) Discuss the concept positive Mental Health.
15. (a) Discuss the connection of Body and Mind.
- Or
- (b) Explain the types of mental health problems.

**Part C****(3 × 10 = 30)**Answer **all** questions.

16. (a) Discuss the importance and promotion of mental health.
- Or
- (b) Discuss the assessment of risk and protective factors of resilience.

17. (a) Bring out the role of religion in mental health.

Or

(b) What do you mean by stress? Explain the stress reactions?

18. (a) Explain the Economic and Spiritual determinants of mental health.

Or

(b) Discuss the various causes for poverty and the measurement of poverty.

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<b>97014</b>
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**P.G. DEGREE EXAMINATION, NOVEMBER 2019**

**Non- Semester**

**School Counselling**

**MENTAL HEALTH PROBLEM OF CHILDHOOD AND  
ADOLESCENCE**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define mutual health.
2. What do you mean by pervasive development disorder?
3. Expand ADHD.
4. Write a note on Adolescence.
5. Give the Etiology of mental health problems.
6. What is sibling rivalry?
7. Write any four mental disorders of Adolescents.
8. List the psychological hazards of childhood.
9. Write the objectives of school mental health programme.
10. Give any two health programmes being organized in the school.

**Part B****(5 × 5 = 25)**Answer **all** questions.

11. (a) Discuss the types of mental disorder.

Or

- (b) Explain the burden of mental disorder.

12. (a) Discuss the pervasive development disorder.

Or

- (b) Explain learning disorders.

13. (a) Describe the development challenges in Adolescence.

Or

- (b) Discuss the role of family in the life of Adolescents.

14. (a) Explain the etiology of somatoform disorder.

Or

- (b) Discuss the causes and consequences of substance use disorder.

15. (a) Explain the challenges in the school mental health programmes.

Or

- (b) Discuss the process and practices in school mental health programmes.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Discuss the Myths and misconceptions in mental disorders.

Or

- (b) Explain the developmental tasks and hazards of childhood.

17. (a) 'Adolescence is a period of stress and storm' – Justify.

Or

- (b) Explain the causes, diagnosis and management of personality disorders.

18. (a) Discuss the role of state holders in the implementation of school health programme.

Or

- (b) Write an account on
- (i) Encopresis and Encopresis
  - (ii) Anxiety
  - (iii) Eating Disorder
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<b>97015</b>
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**P.G. DIPLOMA EXAMINATION, NOVEMBER 2019**

**Non – Semester**

**School Counselling**

**FUNDAMENTALS OF COUNSELLING**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What are functional behaviour?
2. Define counseling.
3. What is meant by relationship pyramid.?
4. What do you mean by probing responses?
5. Define listening skill.
6. What is behaviour?
7. Give the meaning of exploration.
8. What is eclectic counseling?
9. Who are the drivers of behaviour?
10. Write note on Empathy.

**Part B****(5 × 5 = 25)**Answer **all** questions.

11. (a) Describe the assumptions of behaviour.

Or

- (b) What are the ethics in practicing counselling?

12. (a) Explain about the counselling skills.

Or

- (b) Discuss the conditions which facilitate therapeutic relationship.

13. (a) Differentiate advice and counselling.

Or

- (b) Discuss the factors that influence counselling.

14. (a) Briefly discuss the concept of behaviour.

Or

- (b) Describe the counselling process.

15. (a) Enumerate the objectives of counselling.

Or

- (b) Discuss the qualities of a counsellor and counsellee.

**Part C****(3 × 10 = 30)**Answer **all** questions.

16. (a) Explain the attributes of an efficient counsellor.

Or

- (b) Discuss the connectivity between thoughts and feelings.



17. (a) Discuss the various counselling approaches.

Or

(b) Write note on

(i) understanding responses

(ii) interpretative responses.

18. (a) Explain the need and importance of counselling.

Or

(b) Discuss the factors influencing the outcome of the counselling.

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**P.G. DIPLOMA EXAMINATION, NOVEMBER 2019**

**Non - Semester**

**School Counselling**

**EDUCATIONAL PSYCHOLOGY**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What do you mean by psychology?
2. Define : Behaviour.
3. What is meant by active learning?
4. Write any two gender issues in the classroom.
5. Write note on Mental health.
6. What is aggression?
7. State the social learning theory.
8. Write the meaning of Behaviouristic approach.
9. Define Conflict.
10. What is co-operative learning?

**Part B****(5 × 5 = 25)**Answer **all** questions.

11. (a) Explain the scope of Educational Psychology.  
Or  
(b) Discuss about the Mental Health Status of Indian children.
12. (a) Explain the constructivism of David Ausubel.  
Or  
(b) Briefly describe 'School Adjustment'.
13. (a) List out the techniques of managing a group.  
Or  
(b) Discuss the nature and causes for conflict.
14. (a) Discuss the relationship between teachers and children.  
Or  
(b) Discuss Bruner's theory of Learning.
15. (a) Write an account on Meta Cognition.  
Or  
(b) List the reasons for student's unrest.

**Part C****(3 × 10 = 30)**Answer **all** questions.

16. (a) Explain the contribution of Humanistic and Cognitive schools of psychology.  
Or  
(b) Explain social learning theory of Albert Bandura.

17. (a) Discuss the contribution of Educational Psychology to the Teaching Process.

Or

- (b) Differentiate between Mental Health and Mental Hygiene. And discuss the importance of Mental Hygiene

18. (a) Explain Gargne's theory of learning.

Or

- (b) Discuss the analysing behaviour problems.

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