

**R8263**

**Sub. Code**

**518401**

**M.A. DEGREE EXAMINATION, APRIL – 2023**

**Fourth Semester**

**Life Skill Education**

**GUIDANCE AND COUNSELLING**

**(CBCS – 2021 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define Adolescence.
2. Mention the major development phases of adolescence.
3. Describe balance diet.
4. What is meant by eating behavioural disorder?
5. Short notes : Identity Formation.
6. Give examples for anti – Social behaviour.
7. List out any two national programme related to adolescence care.
8. What is meant by single window approach in counselling?
9. Give examples for group counselling.
10. Describe micro skills in counselling.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) What do you mean by life Style enhancement?

Or

- (b) Differentiate Personal hygiene from sleep hygiene.

12. (a) Bring out the Physical and Psychological changes expected to occur during adolescence period.

Or

- (b) Explain the following Phase of Adolescence : Late adolescence.

13. (a) Give account on :

- (i) Deviant and Anti Social Behaviour
- (ii) Depression and Suicide

Or

- (b) Peer presence is good (or) bad – justify.

14. (a) What do you mean by life skills for adolescent friendly health services?

Or

- (b) Give you Suggestions to overcome the barriers to adolescent health care services.

15. (a) Discuss :Psycho – Social therapeutic approach.

Or

- (b) Differentiate individual Verses group counselling.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss about the nutrition deficiency with relevant to adolescence and per down the preventive measures.
  17. Elucidate the psychosocial issues faced by individuals during adolescence stage.
  18. Explain – HEEADDSS approach in adolescent interviewing.
  19. Bring out the difference between Guidance and Counselling.
  20. Write the significance of Stress management in prevention of diseases.
-