

R2689

Sub. Code

518401

M.A. DEGREE EXAMINATION, APRIL – 2025.

Fourth Semester

Life Skill Education

GUIDANCE AND COUNSELLING

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following questions type questions by choosing the correct option.

1. What is the primary physiological event associated with adolescence? (CO1, K4)
(a) Puberty (b) Menopause
(c) Middle adulthood (d) Early childhood
2. What is a common emotional challenge for adolescence? (CO3, K2)
(a) Generativity
(b) Stagnation
(c) Emotional intensity and mood swings
(d) Midlife crisis
3. Peer pressure during adolescence refers to _____. (CO3, K2)
(a) Positive influence from friends
(b) Neutral interactions with peer
(c) Negative influence from friends
(d) Peer exclusion

4. During adolescence, individuals are more likely to seek validation and acceptance from _____. (CO1, K1)
- (a) Peers (b) Parents
(c) Teachers (d) Siblings
5. Which of the following is an essential component of maintaining physical health? (CO2, K4)
- (a) Excessive caffeine intake
(b) Regular exercise
(c) Lack of sleep
(d) Sedentary lifestyle
6. What is the recommended frequency for routine health check-ups for adolescents? (CO4, K2)
- (a) Every 2 years
(b) Every 5 years
(c) Annually
(d) Only when symptoms arise
7. What is the primary focus of preventive health services for adolescents? (CO4, K3)
- (a) Addressing acute illnesses
(b) Managing chronic conditions
(c) Identifying and preventing health risks
(d) Providing emergency care only
8. Which of the statement is false? (CO5, K4)
- (a) All personnel work is education
(b) All counselling is guidance
(c) All education is guidance
(d) All guidance is personnel work
9. Which type of stress is considered positive and motivating? (CO2, K4)
- (a) Distress (b) Eustress
(c) Chronic stress (d) Acute stress

10. What is the first stage of counselling? (CO5, K2)
(a) Intervention (b) Self-assessment
(c) Intragation (d) Establishing rapport

Part B (5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Explain the features of pre-adolescence age. (CO1, K3)

Or

- (b) What are the challenges faced in psychological adolescence? (CO1, K5)

12. (a) What are the precautions for prevention of diseases? (CO2, K4)

Or

- (b) Explain the importance of balanced diet. (CO2, K4)

13. (a) What are the drawbacks of anti-social behavior? (CO3, K1)

Or

- (b) Write down the issues on psycho-social. (CO3, K5)

14. (a) Give the benefits of health services of adolescence. (CO4, K2)

Or

- (b) Explain the features of adolescence friendly health services. (CO4, K3)

15. (a) Determine the objectives of group counselling. (CO5, K2)

Or

- (b) Compare behavioral counselling method and cognitive counselling method. (CO5, K2)

Part C

(5 × 8 = 40)

Answer **all** questions not more than 1,000 words each.

16. (a) Elaborate the importance of adolescence. (CO1, K6)

Or

- (b) Explain the : (CO1, K6)
(i) Pre-adolescence period
(ii) Post-adolescence period

17. (a) Explain the consequences and remedial measures of eating behavioral disorder. (CO2, K2)

Or

- (b) Interpret the effects and causes of stress. (CO2, K4)

18. (a) Generate the process of academic performance. (CO3, K5)

Or

- (b) Explain the importance of scholastic achievements of sibling rivalry. (CO3, K3)

19. (a) Write down the adolescence education programme of government of India. (CO4, K4)

Or

- (b) Suggest some points to make use of life skills of adolescence. (CO4, K3)

20. (a) Illustrate the merits and demerits of guidance. (CO5, K5)

Or

- (b) Evaluate the features and objectives of individual counselling. (CO5, K4)