

SNDT Women's University

Centre For Distance and Online Education

Day & Date	Subject Name	Time	Marks
09/05/2024 Thursday	Certificate Course in Guidance and Counselling	11.00 AM To 02:00 PM	100

Instructions:

1. Question No. 7 is compulsory
2. Write any 5 questions from 1 to 6.

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- Q.1 Explain the concept personality? Explain big five trait theory of personality 15
- Q.2 Rama is 16 years old girl she has approached you for counselling as she has depression explain the steps of counselling process? 15
- Q.3 Explain the concept of mental health? How you will identify person with obsessive compulsive disorder and Eating disorder 15
- Q.4 Radha wants to become school counsellor what academic qualification and professional qualities she should have and why those qualities are important to be a good counselor 15
- Q.5 "Family and school environment plays an important role in positive mental health" do you agree with this statement justify your answer 15
- Q.6 You want to pursue a career in school counseling what qualities you should have and what ethics you should follow as a counselor 15
- Q7 Answer the following (any 5) 25**
- a) What is a need of a counselling?
 - b) What are the benefits of family counselling?
 - c) What are different factors of individual differences?
 - d) Explain different components of multiple intelligence?
 - e) Explain the role interest inventory and aptitude test in career guidance?
 - f) Explain the need of old age counselling ?
