

Roll No:  
Date:

# St. Clare College

Autonomous, Bengaluru

PG END SEMESTER EXAMINATION-JULY/AUG 2025

M.Sc. PSYCHOLOGY SEMESTER II

MPY 2224: COUNSELLING AND GUIDANCE

TIME: 3 hours.

MAX. MARKS: 70

This paper contains TWO printed pages and THREE parts

## Instructions:

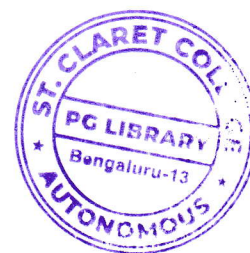
1. Verify and ensure that the question paper is completely printed.
2. Any discrepancies or questions about the exam paper must be reported to the COE within 1 hour after the examination.
3. Students must check the course title and course code before answering the questions.

## PART-A

Answer FOUR questions out of SIX. Each answer carries FIVE marks.

[5x4 = 20]

1. Define counselling and explain its characteristics.
2. Paraphrase and use reflection of feeling for the following excerpt:  
“Lately, I’ve been feeling really overwhelmed with everything—work, family, and just life in general. It’s like I’m constantly running but getting nowhere. And no one seems to notice or care.”
3. Illustrate the principles of Gestalt therapy.
4. Delineate the stages of counselling by Egan.
5. Write a note on multiculturalism and multicultural competency.
6. Summarize the special techniques used in adolescent counselling.



## PART-B

Answer any TWO questions out of THREE. Each answer carries TEN marks.

[10x2=20]

7. Differentiate between counselling and therapy, and trace the development of counselling.
8. Critically evaluate the relevance, need and elements involved in documentation skills.
9. Discuss the human nature and role of counsellor as described by Humanistic perspective.

### **PART-C**

**Answer any TWO questions out of THREE. Each answer carries FIFTEEN marks**

**[15X2=30]**

10. Explicate the personal characteristics of a counsellor along with macro skills of counselling.

11. Reena, a 24-year-old postgraduate student from a rural village, recently moved to Bengaluru for her MBA. She approached the college counselling center complaining of persistent anxiety, homesickness, and difficulty adjusting to the fast-paced city life and academic pressure. She also expressed guilt for disappointing her parents by not being a “topper” anymore and feeling “lost” in the new environment.

- Identify the problem of the client
- Bring out the main elements to be included in the informed consent form
- Put down short-term and long-term goals
- Describe the counsellor and counselee variables playing a role in this case
- Elaborate on the cultural competency in this case.

12. Detail out Bowen’s family therapy along with the general techniques used in family settings.

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