

Roll No:

Date:

St. Clare College

Autonomous, Bengaluru



PG END SEMESTER EXAMINATION-JAN/FEB 2026

MSW: I SEMESTER

MSW 1624: PERSONAL AND PROFESSIONAL GROWTH

TIME: 3 hours.

MAX. MARKS: 70

This paper contains ONE printed page 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. Write short notes on the Johari Window as a tool for self-analysis and development.
2. State the functions of the human brain relevant to behaviour and emotional regulation.
3. Write short notes on the principle of client dignity and worth in the NASW Code of Ethics.
4. Explain the impact of value conflict on professional decision-making.
5. Briefly explain the concept of self-defeating behaviour.
6. Examine the role of self-worth and self-image in shaping the professional identity of a social worker.

PART-B

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

[10x2=20]

7. Analyze the relationship between values and ethics in guiding professional behaviour in social work practice.
8. Describe the techniques of stress management and their relevance for professional wellbeing.
9. Explain the WHO Core Life Skills framework, highlighting its application in personal and social development.

PART-C

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

[15x2=30]

10. Discuss the NASW Code of Ethics, covering its core values, ethical principles, and standards for practice.
11. Discuss the interplay of personal and professional lives. Evaluate the importance of work-life balance, discussing challenges and strategies for maintaining equilibrium in social work practice.
12. Analyze the interrelationship between life skills, digital literacy, and financial literacy in preparing individuals for contemporary challenges.
