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**BPCE-017**

**BACHELOR'S DEGREE PROGRAMME  
(BDP)**

**(B. A.) (PSYCHOLOGY)**

**Term-End Examination**

**June, 2021**

**BPCE-017 : INTRODUCTION TO COUNSELLING  
PSYCHOLOGY**

*Time : 2 Hours*

*Maximum Marks : 50*

*Note : All Sections are compulsory. Marks are  
shown against each Section.*

**Section—A**

**Note :** Answer any *two* of the following questions in  
about **450** words each.

1. Discuss the development, importance and conditions conducive to self concept. Explain the role of self concept in sustaining maladjustment. 10

**P. T. O.**

**[ 2 ]**

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2. Discuss the various techniques of family counselling. 10
3. Define group counselling and differentiate it from individual counselling. Describe individual counselling for students engaged in substance abuse. 5+5
4. Discuss briefly HIV in India. Explain the HIV counselling process. 5+5

**Section—B**

**Note :** Answer any *four* of the following questions  
in about **250** words each.

5. Explain verbal communication skills and the importance of communication for effective counselling. 6
6. Define counselling and elucidate the characteristics of counselling relationship. 2+4
7. Explain the structure of the mind and the structure of personality as given by Freud. 3+3

[ 3 ]

8. Explain counselling in elementary school and discuss the role of elementary school counsellor.

3+3

9. Discuss the objectives of counselling in family areas. Present in detail the family life cycle and family life spiral.

2+4

**Section—C**

**Note :** Write short notes on any *two* of the following in about **100** words each. 3 each

10. Problem identification and exploration.

11. Assertiveness training.

12. Any *two* defense mechanisms.