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# **Certificate in Adolescent Health and Counselling**

**ASSIGNMENTS  
2011-12**



*School of Health Sciences  
Indira Gandhi National Open University  
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**Please take note of the following points before writing your assignments**

- Use only foolscap size paper for writing your responses. **Only handwritten assignments** will be accepted. Typed or printed copies of assignments will not be accepted.
- The all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

Course Code_____	Enrollment No._____
Course Title _____	Name _____
Assignment Code_____	Address _____
PSC _____	_____
Date of Submission_____	_____

**Please submit the assignments to the Programme In-charge of the Programme Study Centre allotted to you.**

**Certificate in Adolescent Health and Counseling**  
**Assignment ñ TMA**  
**Theory Course ñ 1 & 2**

**Programme Code: CAHC**  
**Course Code: CNS AH ñ 001 & 002**  
**Maximum Marks: 100**  
**Passing Marks: 50**  
**Last date of submission 31st March 2012**

**Note: - This assignment has three parts i.e. Part A, B and C**

Part A consists of two long answer questions, each carries 15 marks.

Part B consists of six short answer questions, each carries 10 marks.

Part C consists of four objective type questions, carries 10 marks in total.

**Answer all the questions with examples wherever required**

**Part A**

**Long Answer Questions:-**

- Q.1** a) Explain the pre- adolescent and adolescent period.  
b) List the policies and programme for Adolescent Health.  
c) Explain what are main concerns for adolescent and your role as a teacher in handling these concerns. **(3+4+8=15)**
- Q.2** a) Discuss the Process of Communication and list its barriers.  
b) Describe Listening skills and constructive feedback which you would give to an adolescent boys/girl  
c) Explain the importance for Adolescent friendly communication,  
d) Enumerate the skills required by a teachers to be an effective communicator for Adolescent **(4+3+3+5=15)**

**Part ñB**

- Q.3** a) Discuss the characteristic of establishing value system  
b) Explain the ways by which value system can be establish in adolescents  
c) Describe the role of teachers and parents in establishing value system in adolescents **(2+2+3+3=10)**
- Q.4** a) Define sexuality and list the four common myths and misconception related to sex and sexuality  
b) Differentiate between sexual orientation and sexual identity.  
c) Discuss how as a teacher you will help the adolescent to overcome the myths and misconception related to sexuality **(2+4+4=10)**

- Q.5** a) Enumerate the factors influencing physical changes among adolescent boys and girls.  
 b) Discuss primary changes in boys and girls and list secondary sexual characteristics also.  
 c) Explain the role of a teacher/parents in helping the adolescent to adjust with physical change **(2+4+4=10)**
- Q.6** a.) Discuss the meaning of peer, peer influence, peer pressure  
 b) Explain the positive and negative impact of peer influence  
 c) Describe the management of peer pressure at school and family level **(3+3+4=10)**
- Q.7** a) Explain the social, negotiating, thinking and coping skills in detail.  
 b) Discuss the need for application of Life skills in everyday life. **(5+5=10)**
- Q.8** a)) Differentiate between guidance and counseling.  
 b) Describe the Basic skills required by you as a teacher/parents to help adolescent in preventing psychosocial and health problems. **(4+6=10)**

### Part ñ C

- Q. 9 Place a tick mark (√) against the most appropriate answer given under each statement ( x 5 = 2 )**
- a) Following may constitute non-verbal or visual harassment **except:-**
- I) Staring at some one
  - II) Forced fondling
  - III) Making sexual gestures
  - IV) E-mail messages including sexual joke.
- b) All of the following are non verbal behavior indication of violence **except:-**
- I) Hands on Head
  - II) Clenched fist
  - III) Remove Clothing's
  - IV) Bullying leading to assault
- c) The very common risk associated with Adolescent Pregnancy is :
- I) Obstructed Labour
  - II) Loss of life
  - III) Anemia
  - IV) Low Birth Weight Baby

- d) The most common cause for the adolescent to go for unsafe abortion is :
- I. Social Stigma
  - II. Peer influence
  - III) Availability of service
  - IV) Education Problems
- e) All of the following are the modes of transmission for HIV **except** :
- I) Direct contact with infected blood
  - II) Hugging the infected person
  - III) unsafe sex
  - IV) infected mother to fetus

**Q10) Fill in the Blanks** ( x5=2 )

- a) The Process of directly attacking the problem to achieve a goal is known as \_\_\_\_\_
- b) Altering the situation as a method of coping in certain situations is known as \_\_\_\_\_
- c) Intentional use of physical force against oneself or another person is known as \_\_\_\_\_
- d) Early marriage is one that takes place before the legal age of \_\_\_\_\_ years for boys.
- e) Decrease in the age of Menarche increase the \_\_\_\_\_ Period in girl's life

**Q11) Match the statements given in Column A with the statement given in Column B:** ( x5=2 )

<b>Column A</b>	<b>Column B</b>
a) Prevents spread of HIV and STD	i) Single life partner
b) low self esteem	ii) Sympathy
c) Strategy for Adolescent Empowerment	iii) Compromise
d) act of intimidating a weaker person	iv) Suicidal ideation
a) Ability to deal effectively with everyday demands	v) Bullying
	vi) Adjustment
	vii) Peer influence
	viii) Condom.
	ix) Life skills
	x) Peer Education

**Q12) Place a tick mark (✓) against 'T' if you consider the statement as true and 'F' if you consider the statement as false.** ( x5=2 )

- a) HIV is Sexually Transmitted Infection but it does not effect reproductive tract (T/F)
- b) Adolescent girl can be pregnant even before menarche (T/F)
- c) Growth spurt starts in boys earlier then girls (T/F)
- d) Like girls menstruate every month boys need to take out the semen (T/F)
- e) Idealization is one of the healthy coping mechanism (T/F)