



# **Certificate in Adolescent Health and Counselling**

**IGNOU**

**ASSIGNMENTS**

**July 2014**



*School of Health Sciences*

**Indira Gandhi National Open University**

**Maidan Garhi, New Delhi-110 068**

**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.
- Tie 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.

<b>Course Code</b> _____ <b>Enrollment No.</b> _____
<b>Course Title</b> _____ <b>Name</b> _____
<b>Assignment Code</b> _____ <b>Address</b> _____
<b>PSC</b>

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

# FUNDAMENTALS OF ADOLESCENCE

## Assignment – 1 (Block 1 & 4) Tutor Marked

Programme Code : CAHC

Course Code : CNS AH-001

TMA -1

Maximum Marks – 100

Last date of submission: August 19th, 2014

### Note:

This Assignment has three parts i.e. Part A, B and C

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of six short answer questions. Each question carries 10 marks.

Part C consists of five very short answer type questions. Each question carries 2 marks.

### PART-A

- Q1 a. Explain the concept of Physical Changes. Describe the physical changes in boys and girls during adolescence.
- b. List the factors influencing physical changes in puberty.
- c. Explain issues and concerns related to physical changes in adolescents and role of teacher/parents to help them.

$$4+4+2+2+3=15$$

- Q2 a. Define sexuality and discuss various sexual behaviors indulged by adolescents.
- b. Differentiate sexual orientation with sexual identity.
- c. Explain role of teachers and parents to help adolescents for developing healthy sexual attitude.

$$5+5+5=15$$

### PART-B

- Q3 a. Describe the statements : Adolescents : A period of changes  
Adolescents : A special group.

- b. Explain the development stages in adolescents
- c. Discuss why it is needed to invest in the health and well being of adolescents.

$$2+2+3+3=10$$

- Q4 a. Explain the maturation process of male reproductive system.  
and female reproductive system.
- b. Discuss the role of parents for making adolescents to feel comfortable with physical changes happening due to maturation of reproductive organ.

$$4+4+2=10$$

- Q5 a. Discuss why it is significance to study about organ of male and female reproductive system for teachers and parents.
- b. Draw a picture of male and female reproductive organs with labeling of all organ.

$$3+3+4=10$$

- Q6 a. Discuss in concept of establishing value system and its characteristics.
- b. List the issues of cognitive developments.
- c. Explain the role of family and school for establishing value system.

$$4+2+4=10$$

- Q7 Discuss the any five myths and misconception related to adolescent grown and sexuality separately and explain how as a teacher or parents you will help adolescents to know the facts for each myths and misconception.

$$5+5=10$$

- Q8 a. Explain the needs and concerns of adolescence.
- b. Describe the role of teacher for needs and concern of adolescence.

$$5+5=10$$

#### PART-C

- Q9. List any four adolescents development in initiatives in India.
- Q10 Discuss the role of school in establishing value system in adolescent.
- Q11 Discuss PND ACT
- Q12 Discuss type of Gender role.
- Q13 Discuss gender sensitization.

$$2 \times 5 = 10$$

## **ISSUES AND CHALLENGES DURING ADOLESCENCE**

### **Assignment – 2 ( Block 1& 4 ) Tutor Marked**

**Programme Code : CAHC**

**Course Code : CNS AH-002**

**TMA -2**

**Maximum Marks – 100**

**Last date of submission: August 19<sup>th</sup> , 2014**

#### **Note:**

This Assignment has three parts i.e. Part A, B and C.

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of six short answer questions. Each question carries 10 marks.

Part C consists of five very short answer type questions. Each question carries 2 marks.

#### **PART-A**

- Q1
- Define Hygiene
  - List physical and mental dimensions of health
  - Discuss the factors influencing health of adolescents
  - Explain the role of teachers & parents in helping adolescents to develop healthy habits.

$2+5+3+5=15$

- Q2
- Define Violence and discuss its types.
  - Describe the indicators of violence and enumerate its consequences.
  - Explain role of teacher/parents and society in preventing ,controlling and dealing with adolescent violence.

$3+3+2+7=15$

PART-B

- Q3 a. Discuss the process of Communication and its barriers.  
b. Describe the listening skills and constructive feed back which you would use for an adolescent.

4+3+3=10

- Q4 a. Discuss various scholastic issues of adolescent  
b. Describe the techniques used for enhancing memory and study skills.  
c. Explain the role of teachers/parents for landing scholastic issues and for helping adolescents to perform well in exams and follow time management.

2+3+5=10

- Q5 a. Differentiate between food & nutrition  
b. Discuss the importance of nutrition in adolescent boys/girls and various problems related to food habits .  
c. Explain the role of teacher/parents for helping adolescents to develop healthy food habits.

2+3+3+2=10

- Q6 a. State the causes and consequence of an unsafe abortion.  
b. Explain as teacher/parents, the prevention strategies for avoiding an unsafe abortion

5+5=10

- Q7 a. Explain various strategies for counseling adolescent.  
b. Discuss various issues in adolescent counseling and how as a teacher/parents you will handle them.

5+5=10

- Q8 a. Discuss various stressors in adolescents and its consequences.  
b. How you will help adolescents to manage them.

3+3+4=10

PART-C

- Q9. Discuss food habits & food fads
- Q10 Differentiate between grief & depression
- Q11 Enumerate the risks associated with an adolescent pregnancy.
- Q12 List alarming signs of sexual harassment
- Q13 Discuss emergency contraceptive .

2X5=10