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Certificate in Adolescent Health and Counselling

ASSIGNMENTS 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.

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.

FUNDAMENTALS OF ADOLESCENCE

Assignment – 1 (Block 1 & 4) Tutor Marked

Programme Code : CAHC

Course Code : CNSAH-001

TMA-1

Maximum Marks – 100

Last date of submission: March 25th, 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

- 1) 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
- 2) a) Define sexuality and discuss various sexual behaviors indulges 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

- 3) 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
- 4) 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

- 5) 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. $3+3+4=10$
- 6) 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. $4+2+4=10$
- 7) 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. $5+5=10$
- 8) 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

- 9) List any four adolescents development in initiatives in India.
- 10) Discuss the role of school in establishing value system in adolescent.
- 11) Discuss PND ACT
- 12) Discuss type of Gender role.
- 13) 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: March 30th , 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

- 1) a) Define Hygiene
b) List physical and mental dimensions of health
c) Discuss the factors influencing health of adolescents
d) Explain the role of teachers & parents in helping adolescents to develop healthy habits.
2+5+3+5=15

- 2) a) Define Violence and discuss its types.
b) Describe the indicators of violence and enumerate its consequences.
c) Explain role of teacher/parents and society in preventing ,controlling and dealing with adolescent violence.
3+3+2+7=15

PART-B

- 3) 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

- 4) 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

- 5) 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

- 6) 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
- 7) 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
- 8) a) Discuss various stressors in adolescents and its consequences.
b) How you will help adolescents to manage them. 3+3+4=10

PART-C

- 9) Discuss food habits & food fads
- 10) Differentiate between grief & depression
- 11) Enumerate the risks associated with an adolescent pregnancy.
- 12) List alarming signs of sexual harassment
- 13) Discuss emergency contraceptive. 2×5=10