

# **Post Graduate Diploma in Counselling (PGDCOUN)**

**Assignment: 2022-2023**

## **Course Titles**

<b>MSW-001</b>	<b>: Origin and Development of Social Work</b>
<b>MSW-012</b>	<b>: Introduction to Life Characteristics and Challenges</b>
<b>MSW-013</b>	<b>: Introduction to Psychological Basis of Counselling</b>
<b>MSW-014</b>	<b>: Relevance of Social Case Work in Counselling</b>
<b>MSW-015</b>	<b>: Basics of Counselling</b>
<b>MSW-016</b>	<b>: Fields of Counselling</b>

**Last Date of Submission of Assignments to the Study Centre**

**July, 2022 Session – March 31, 2023**

**January, 2023 Session – September 30, 2023**



**School of Social Work  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi – 110 068**

Dear Learner,

Welcome to the PGDCOUN programme of IGNOU. You have purposefully chosen to become a post graduate in Social Work Counselling to contribute towards improving the social conditions of people. To successfully complete your PGDCOUN program, kindly follow the following tips:

- Read the programme guide before you begin your studies. It will clarify most of your doubts regarding how to go about doing the PGDCOUN Program from IGNOU.
- Submit your assignments to the Study Centre on time.
- Be in touch with your Study Centre and Regional Centre
- Meet your Field Work Supervisor (FWS) at the Study Centre for Fieldwork Supervision
- Fill up the examination form on time.

Assignments are open book examination and we at IGNOU assign 30 per cent weightage to the assignment while calculating the overall grade for each course. **Assignments are to be handwritten and duly signed before its submission in the Study Centre.** In order to prepare a good set of assignment responses, you must first of all read the units) from which a particular question has been framed. Discuss with your peer-group and academic counselors who teach you. Prepare a draft, do the necessary correction on it and then, prepare the final version for submission to the Study Centre.

Make sure that each answer starts on a new page. For long and medium answers, ensure that there is an introduction, sub-titles, body and a conclusion. One line should be left between each paragraph. Make sure your answers are specific and in your own words and do not copy from books. Your answers will be exclusively based on the IGNOU materials only. Preparation of assignments is preparation for your term-end examination. Therefore take the assignments seriously.

(Dr.N.Ramya)  
Programme Coordinator

# Origin and Development of Social Work ASSIGNMENT

Course Code: MSW-001

Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Trace the development of social work practice in Middle East Countries. 20

OR

What is the NASW Code of Ethics? Explain the purpose of the NASW Code of Ethics. 20

2. Define Community Work. Explain how community work is relevant to social work with relevant examples. 20

OR

Explain Generalist practice. Give reasons as to why it is relevant in India. 20

3. Answer any two of the following questions in about 300 words each:

a) Write about the social work intervention in the South East Asia with special reference to Malaysia. 10

b) What are the advantages of offering social work through the Distance Mode. 10

c) Define Case work. What is the importance of case work in contemporary society. 10

d) Discuss the significance of Social Welfare Administration in your own words. 10

4. Write short notes on any four of the following in about 150 words each:

a) Briefly write about social work in a 'Postmodern Society' 5

b) Discuss the challenges in the development of the Global Standards in Social Work Education. 5

c) While conducting social work research what are the ethical safeguards that needs to be considered? 5

d) List the essential components of Social Action. Explain any one. 5

e) Explain Social Justice with relevant example. 5

f) Did social work in Africa contribute to a better society? Explain. 5

5. Write short notes on any five of the following in about 100 words each:

a) Any two difference between social welfare and social work 4

b) Any two common features of social work discipline in the Pacific Countries 4

c) Importance of Human Relationships as a value of social work 4

d) Objectives of Social Work 4

e) Advantages of Group Work 4

f) Friendly Visitors 4

g) Skidmore definition of Social Welfare Administration 4

h) Social Work Research 4

## Introduction to Life Characteristics and Challenges ASSIGNMENT

**Course Code: MSW-012**

**Total Marks: 100**

**Note:**

- i) Answer all the five questions.
  - ii) All questions carry equal marks.
  - iii) Answer to question no. 1 and 2 should not exceed 600 words each.
- 
- 1. Define the meaning of human development and explain its different domains? 20  
Or  
Highlight different identifying crises among adolescents? 20
  
  - 2. Explain the characteristics of old age. 20  
Or  
Describe development tasks of the establishment phase. 20
  
  - 3. Answer any two of the following questions in about 300 words each:
    - a) Explain the physical hazards in infancy. 10
    - b) Discuss about the influencing factors of adolescence behavior development. 10
    - c) Describe different theories of Ageing. 10
    - d) Define parenting as a process. 10
  
  - 4. Attempt any four of the following in about 150 words each:
    - a) What are the four stages of parenthood? 5
    - b) Describe Erikson's theory of Psychological development. 5
    - c) Enlist different parenting skills. 5
    - d) Explain the stages of emotional development. 5
    - e) What do you understand by Relationship Escalation Model? 5
    - f) Enlist major services for elderly.. 5
  
  - 5. Write short notes on any five of the following in about 100 words each:
    - a) Aggression 4
    - b) Sexually Transmitted Disease( STDs) 4
    - c) Gender -Identity 4
    - d) Socialization in family 4
    - e) Parenting Styles 4
    - f) Labeling theory 4
    - g) The concept of Role behavior 4
    - h) Challenges in Old Age 4

## Introduction to Psychological Basis of Counselling ASSIGNMENT

Course Code: MSW-013

Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- |  |    |
|--|----|
| 1) Explain the Origin of Psychology and its Current Nature.                          | 20 |
| Or   |    |
| Highlight Scope and Importance of Social Psychology.                                 | 20 |
| 2) Discuss about Panic and Phobic Disorders.   | 20 |
| Or   |    |
| Elaborate Role of Social Worker in Dementia Car.                                     | 20 |
| 3) Answer any two of the following questions in about 300 words each:                |    |
| a) Explain the Psycho analytical theory of personality by Sigmund Freud              | 10 |
| b) Define Social diversity and Types of Social Diversity                             | 10 |
| c) Elaborate mental retardation  | 10 |
| d) Discuss on Alcoholism   | 10 |
| 4) Answer any four of the following questions in about 150 words each:               |    |
| a) What are the Psycho Sexual Stages of Development.                                 | 5  |
| b) Definition and Meaning of Attitude.   | 5  |
| c) Describe mood episodes.   | 5  |
| d) Enlist the social Interaction and Social Processes.                               | 5  |
| e) What do you understand Depersonalization Disorder?                                | 5  |
| f) Discuss about Abnormality.  | 5  |
| 5) Write short notes on any five of the following questions in about 100 words each: |    |
| a) Ego Psychology  | 4  |
| b) Classical Conditioning  | 4  |
| c) Pharmacotherapy   | 4  |
| d) Dissociative Disorders  | 4  |
| e) Stereotypes   | 4  |
| f) Social phobia   | 4  |
| g) Depression  | 4  |
| h) Types of Schizophrenia  | 4  |

## **Relevance of Social Case Work in Counselling**

### **ASSIGNMENT**

**Course Code : MSW-014**  
**Total marks: 100**

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- 1) What is industrial social case work? Discuss roles and responsibilities of social case worker in industrial settings. 20
- Or
- In the context of changing family norms in India, discuss implications for social case work practice. 20
- 2) How counselling can add value to the social case work practice? Discuss in detail with the help of relevant examples. 20
- Or
- What are the four components of social case work? Discuss in detail with relevant examples. 20
- 3) Answer any two of the following questions in about 300 words each:
- a) What are the similarities between social case work and counselling? 10
- b) Discuss five phases of social case work in detail. 10
- c) Briefly discuss various skills required for interviewing in social case work. 10
- d) What are the different attributes of social case work? 10
- 4) Answer any four of the following questions in about 150 words each:
- a) Why 'relationship' is foundational to the case work practice? 5
- b) What are the emerging roles of social case workers in post-pandemic health care? 5
- c) What are various ethical issues involved in the case work? 5
- d) Discuss the relevance of social case work practice in India. 5
- e) What do you understand by the principle of acceptance in social work? 5
- f) What is the scope of social case work practice in the residential institutions meant for children? 5
- 5) Write short notes on any five of the following questions in about 100 words each:
- a) Empathy 4
- b) Social Histor 4
- c) Leading Questions 4
- d) Social Diagnosis 4
- e) Process Recording 4
- f) Community Case Work 4
- g) Non-judgmental attitude 4
- h) Institutional Correctional Case Work 4

## Basics of Counselling

### ASSIGNMENT

Course Code: MSW-015

Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Explain the scope of counselling in Indian context with relevant examples? 20  
Or  
Describe the process of counselling? 20
2. Explain the preventive and developmental approaches in counselling. 20  
Or  
Describe the different models of counseling. 20
3. Answer any two of the following questions in about 300 words each:
  - a) Explain techniques of supportive therapy with at least two case vignettes? 10
  - b) Describe the various tools in counselling? 10
  - c) What are the important factors that influence counselling process 10
  - d) Explain the play therapy with case vignette. 10
4. Attempt any four of the following in about 150 words each:
  - a) What are some of the common characteristics of professional relationships? 5
  - b) What are the three main purposes of interviewing? 5
  - c) Describe the goals of counselling. 5
  - d) Describe any two of the characteristics of counselling. 5
  - e) Explain the essentials of counselling? 5
  - f) Describe briefly the concept of nature of power . 5
5. Write short notes on any five of the following in about 100 words each:
  - a) Techniques of counselling 4
  - b) Marital therapy 4
  - c) Ethics in counselling 4
  - d) Confidentiality 4
  - e) Career guidance 4
  - f) Supervision 4
  - g) Genuinenes 4
  - h) Empathy 4

## Fields of Counselling

### ASSIGNMENT

Course Code: MSW-016

Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Why are family courts needed? What are the main issues in family? 20  
Or  
Explain the stages of career counselling in detail. 20
2. Define stress 'Explain the models and techniques of stress management. 20  
Or  
Discuss the importance of School Counselling in the light of your field work experience. 20
3. Answer any two of the following questions in about 300 words each:
  - a) Describe the importance and stages of parent counselling in the field of disability . 10
  - b) Briefly discuss various time management techniques and strategies. 10
  - c) Write a note on suicide as clarified by Durkheim. 10
  - d) Discuss motivation enhancement theory. 10
4. Attempt any four of the following in about 150 words each:
  - a) Discuss palliative care. Explain the role of a social worker in palliative care. 5
  - b) Examine the concept of human rights in the context of persons affected with HIV/AIDS? 5
  - c) Explain the importance of rehabilitation counselling. 5
  - d) List the causes of marital disharmony. 5
  - e) Briefly describe gender stereotype. 5
  - f) Write a brief note on the protection of women from Domestic Violence Act, 2005. 5
5. Write short notes on any five of the following in about 100 words each:
  - a) Care giving 4
  - b) Sexuality 4
  - c) Non-directive counselling 4
  - d) Referral system 4
  - e) Probation 4
  - f) Feminist theory 4
  - g) Parents analysis 4
  - h) Life skill education 4