

Post Graduate Diploma in Counselling (PGDCOUN)

Assignment: 2021-2022

Course Titles

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

Last Date of Submission of Assignments to the Study Centre

July, 2021 Session – March 31, 2022

January, 2022 Session – September 30, 2022



**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. Define ODL. Discuss about the Student Support Services in Social Work Education through ODL 20

OR

Write about the historical development of Community work in India and also discuss the place of community work in social work profession. 20

2. Discuss about the International social work values and ethics. 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) Discuss the place of Case Work in social work profession. 10

b) What are the attributes of a profession? Comment on whether social work in your area meets the criteria of a profession? 10

c) Write about the various assumptions involved in Social Welfare Administration? 10

d) What do you understand by the term 'Social Justice'? Elaborate. 10

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

a) Comment on the emergence of social work in ANY one of the Asian countries. 5

b) What are the five characteristics of 'Voluntary Action'? 5

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

d) Name two primary influences social workers must balance in establishing a professional identity. Briefly illustrate what it means to say that they are reciprocal? 5

e) In your own words explain what Social Work means to you. 5

f) How are the methods of social work useful in dealing with the current socio-political situations? 5

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

a) Any 3 purpose of NASW Code of Ethics 4

b) Any 2 areas of application of community work. 4

c) Deductive Research 4

d) Any 3 important landmarks in social welfare in UK. 4

e) Importance of Case Work 4

f) Channels for Social Action 4

g) List the advantages of Group Work 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.
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1. Highlight physical development during infancy. 20
Or
Discuss the major developmental tasks of adolescents? 20
 2. Enlist the factors that have influenced vulnerability of elderly people. 20
Or
Explain the stages of parenthood. 20
 3. Answer any two of the following questions in about 300 words each:
 - a) Explain attachment and its development. 10
 - b) Mention the characteristics of emotional development of the adolescence. 10
 - c) What services can you offer to elderly couples suffering from loneliness, anxiety and tension? 10
 - d) Enlist the roles of adults in society. 10
 4. Attempt any four of the following in about 150 words each:
 - a) What are the eight stages of family life cycle? 5
 - b) Describe the importance of 'Play' in a child's life. 5
 - c) What are the four parenting styles suggested by Diana Baumrind? 5
 - d) Enlist the approaches to study cognitive development. 5
 - e) What do you understand by Filter theory of mate selection? 5
 - f) Enlist five major roles played by the elderly in agrarian and medieval society. 5
 5. Write short notes on any five of the following in about 100 words each:
 - a) Cognition 4
 - b) Pre-linguistic Speech 4
 - c) Self-esteem 4
 - d) Peer-culture 4
 - e) Parenting Styles 4
 - f) Active Ageing 4
 - g) Geriatric Counselling 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) Discuss the key concepts and steps involved in transactional analysis with example. 20
- Or
- Explain the major types of anxiety disorders. 20
- 2) Discuss the role of a professional social worker in the management of substance abuse. 20
- Or
- Explain Erickson's theory of psychosocial development. 20
- 3) Answer any two of the following questions in about 300 words each:
- a) Mention briefly any two descriptive methods used in psychology. 10
- b) Discuss the role of social worker in dementia care and management. 10
- c) Define 'Stereotype'. Explain the characteristics of stereotype with relevant examples. 10
- d) Discuss the concept and components of group dynamics. 10
- 4) Answer any four of the following questions in about 150 words each:
- a) Explain Id, Ego and Superego of personality. 5
- b) Highlight the social conflicts prevalent in India. 5
- c) Explain briefly about social learning theory. 5
- d) Write about linguistic diversity in India. 5
- e) Explain the causes of mood disorders. 5
- f) Discuss the concept of therapeutic triad. 5
- 5) Write short notes on any five of the following questions in about 100 words each:
- a) Causes of autism 4
- b) Post-Traumatic disorder 4
- c) Health psychology 4
- d) Casteism 4
- e) Positive reinforcement 4
- f) Structuralism 4
- g) Stress 4
- h) Prejudice 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) Trace the origin and development of casework. 20
Or
Explain the different components of social case work and relate to the role of a social worker in each component. 20
- 2) Discuss the reasons why individuals find their usual coping patterns ineffective in the face of some problem. 20
Or
Describe the importance of documentation and recording in social casework.. 20
- 3) Answer any two of the following questions in about 300 words each:
 - a) Discuss the application of social study, assessment, intervention, termination and evaluation process in social case work practice. 10
 - b) Highlight the trends in social case work practice in India. 10
 - c) What are the core and generic skills required to engage in interviewing process? 10
 - d) Explain the scope of social casework in the field of healthcare. 10
- 4) Answer any four of the following questions in about 150 words each:
 - a) What are the similarities between case work and counselling? 5
 - b) Briefly explain the uniqueness of case work client relationship. 5
 - c) Enumerate the limitations of principle of confidentiality. 5
 - d) Enlist the various steps in diagnosis. 5
 - e) Define community casework. 5
- 5) Write short notes on any five of the following questions in about 100 words each:
 - a) Principle of individualization 4
 - b) Skills and techniques of helping 4
 - c) Counselling as a technique of case work 4
 - d) Indigenization of case work practice 4
 - e) Purpose of social case work interview 4
 - f) Process recording 4
 - g) Family therapy 4
 - h) Social case work in correctional settings 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 current trends in Counselling. 20
Or
Discuss the laws related to counseling 20
2. Describe the methods of intake, assessment, diagnosis and hypothesis formulation in family counselling. 20
Or
Discuss the importance of play therapy in dealing with children with disabilities. 20
3. Answer any two of the following questions in about 300 words each:
 - a) Differentiate between Counseling and Psychotherapy. 10
 - b) Briefly discuss on Supervision in counselling. 10
 - c) Explain Psycho analytic approaches in counseling. 10
 - d) Discuss the components and techniques of supportive Psychotherapy. 10
4. Attempt any four of the following in about 150 words each:
 - a) What are the goals of counseling? 5
 - b) Mention the skills required for a good counsellor. 5
 - c) Explain the concept of 'positive regard'. 5
 - d) Enlist the steps in Marital Counselling. 5
 - e) Discuss any one school of Family Counselling. 5
 - f) Highlight the techniques of transactional analysis. 5
5. Write short notes on any five of the following in about 100 words each:
 - a) Characteristics of Counselling 4
 - b) Empathy 4
 - c) Dimensions of Confidentiality 4
 - d) Civil and criminal liability 4
 - e) Cognitive Behaviour Therapy 4
 - f) Frame of reference 4
 - g) The Right to Informed consent 4
 - h) Relationship 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. What do you understand by Mental health? Discuss the Mental Health practice models. 20

Or

Write about the special fields of rehabilitation counseling 20
2. During Covid-19 with no physical classroom opened how important is Counseling at high school level. Explain. 20

Or

Describe the importance of parent counseling in the field of Disability. 20
3. Answer any two of the following questions in about 300 words each:
 - a) Write about the Protection of Women from Domestic Violence Act, 2005. 10
 - b) How will you address the Caregivers issues? Explain 10
 - c) 'Having bad time management case many problems'. How can one manage Time? 10
 - d) What would be the essential skills required during Adolescence counseling? 10
4. Attempt any four of the following in about 150 words each:
 - a) In your own words discuss the role of a counselor in Judicial system 5
 - b) What are the legal and ethical issues related to HIV/AIDS? 5
 - c) Write about any 3 techniques of stress management? 5
 - d) Define Suicide. Discuss any one theory of Suicide according to Durkheim? 5
 - e) Highlight the Juvenile Justice (Care & Protection of Children) Act 2000. 5
 - f) List the stages of family counseling.
5. Write short notes on any five of the following in about 100 words each:
 - a) Dissolution of Marriage 4
 - b) Hospice services 4
 - c) Rehabilitation Counselling 4
 - d) Guided Fantasy 4
 - e) Egalitarianism 4
 - f) MET 4
 - g) Care giving 4
 - h) GATHER approach