

MSW-001
MSW-012
MSW-013
MSW-014
MSW-015
MSW-016

Post Graduate Diploma in Counselling (PGDCOUN)

Assignment: 2018-2019

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, 2018 Session – March 31, 2019

January, 2019 Session – September 30, 2019



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

Dear Learner,

Welcome to the Post Graduate Diploma in Social work Counselling (PGDCOUN) Programme of IGNOU. You have purposefully chosen to become a post graduate in Social Work to contribute your mite for improving the social conditions of our humanity. To successfully complete your PGDCOUN programme, kindly follow to following tips:

Read the programme guide before your begin your studies. It will clarify most of your doubts regarding how to go about doing the PGDCOUN from IGNOU.

Submit your assignments to the study centre on time.

Be in touch with your Study Centre and Regional Centre.

Fill up the examination form on time.

Do your field practicum only under the guidance of a professionally qualified social worker having MSW/ M.A (Social Work) provided to you from your study centre.

For PGDCOUN, you have to do one each Tutor Marked Assignments (TMAs) for MSW-001, MSW- 012, MSW-013, MSW-014, MSW-015 and MSW-016. The TMAs must be submitted to the Coordinator of the Study Centre allotted to you, latest by March 31, 2019 for those admitted to July 2018 Session and September 30, 2019 for those admitted to January 2019 Session. 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 hand-written only** and duly signed on it before its submission in the study centre. In order to prepare a good set of assignment-responses, you must first of all read the chapter(s) from which a particular question has been framed. Discuss with your peer-group and academic counselors or professors 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 question answer starts on a new page. For long and medium answers, ensure that there is an introduction, sub-titles for main 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, PGDCOUN)

Origin and Development of Social Work ASSIGNMENT

Course Code: MSW-001
Total Marks : 100

- Note:** 1) Answer all the **five** questions.
2) All question carry **equal** marks.
3) Answer to question No. **1** and **2** should not exceed **600** words each.

- | | |
|--|----|
| 1) Trace the development of social work and social welfare in United Kingdom. | 20 |
| Or | |
| Discuss the historical development of social work in India. | 20 |
| 2) Define social case work and discuss its application in different settings. | 20 |
| Or | |
| Explain General System's theory with fieldwork examples. | 20 |
| 3) Answer any two of the following in about 300 words each: | |
| a) Distinguish between community development and community organization | 10 |
| b) Define community work. Explain the concept and meaning of community work. | 10 |
| c) Highlight the relevance and scope of social group work. | 10 |
| d) Discuss the importance of research in social work. | 10 |
| 4) Answer any four of the following in about 150 words each: | |
| a) Scope of distance education in social work. | 5 |
| b) Roles played by a social worker in health setting. | 5 |
| c) Essential components of social action. | 5 |
| d) NASW code of ethics. | 5 |
| e) Distinguish between social action and social movement. | 5 |
| f) Significance of social welfare administration. | 5 |
| 5) Write short notes on any five of the following in about 100 words each: | |
| a) Social reform | 4 |
| b) Social justice | 4 |
| c) Methods of social work | 4 |
| d) Quantitative research | 4 |
| e) Charity | 4 |
| f) Shramdan | 4 |
| g) Value base of social work | 4 |
| h) Social network | 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) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Discuss the adjustments that an adult need to make during the family developmental stages. 20

OR

Describe the cognitive and social development of the adolescence. 20
2. Explain the concept of ageing. Discuss the two theories on ageing. 20

OR

Discuss parenting as a process. Highlight rewards and demands of parenthood. 20
3. Answer **any two** of the following questions in about **300** words each:
 - a) Discuss the importance of 'peers' and 'play in a child's life. 10
 - b) Describe the services for the elderly. 10
 - c) Explain the role of guidance and counselling in managing the challenges of adolescence. 10
 - d) Describe some of the major developmental hazards in babyhood. 10
4. Answer on **any four** of the following in about **150** words each:
 - a) List the ten stages of life span described by Hurlock. 5
 - b) Explain the concept of role behaviour 5
 - c) Describe disengagement theory. 5
 - d) What is the role of geriatric social workers? 5
 - e) Is bullying and Ragging different? Explain. 5
 - f) Discuss the gender angle to definition of old age 5
5. Write short notes on **any five** of the following in about **100** words each:
 - a) Temperament 4
 - b) Aggression 4
 - c) Meaning of social development 4
 - d) Delinquency 4
 - e) Caregiver stress 4
 - f) Bereavement 4
 - g) Ascribed Roles 4
 - h) The Family life cycle 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. Describe in detail the process of counselling. 20
Or
Discuss mood disorders. Elaborate on the psychosocial treatment of mood disorders. 20

2. Define personality. Explain various Type and Trait theories of Personality.
Or
Define Psychology. Discuss the major branches of Psychology, its importance and applications. 20

3. Answer any **two** of the following questions in about **300** words each
 - a. Highlight the goals and techniques of reality therapy. 10
 - b. Explain various types of Social diversity. 10
 - c. What is delusional disorder? 10
 - d. Discuss any two developmental disorders seen in childhood. 10

4. Attempt any **four** of the following in about **150** words each:
 - a. What is relapse prevention? 5
 - b. Discuss Cognitive Therapy. 5
 - c. Explain OCD as an anxiety disorder. 5
 - d. List the various kinds of social interactions. 5
 - e. Explain the concept of 'Mania'. 5
 - f. Define person situation controversy. 5

5. Write short notes on any **five** of the following in about **100** words each:
 - a. Steps in marital therapy 4
 - b. Characteristics of prejudice 4
 - c. Substance abuse 4
 - d. Formation of attitudes. 4
 - e. Therapeutic Triad 4
 - f. Alzheimer's Disease 4
 - g. Indirect discrimination 4
 - h. Intelligence Quotient 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. Explain the process of social casework. 20

Or

Describe the fields of social casework practice in India. 20
2. Enlist the uses and functions of Social Case Records. 20

Or

Discuss the process of Social Casework in health settings. 20
3. Answer any **two** of the following questions in about **300** words each :
 - a) Enlist the characteristics of a Case Worker Client Relationship. 10
 - b) Identify the skills that facilitate the process of interview in case work. 10
 - c) List the strengths and weaknesses of interviewing. 10
 - d) Highlight the process of social case work in industrial setting. 10
4. Attempt any **four** of the following in about **150** words each:
 - a) What are the dynamics in which a problem may arise? 5
 - b) Explain the importance of observation in case work. 5
 - c) List down generic skills of interviewing. 5
 - d) Explain process recording as a teaching – learning tool. 5
 - e) Highlight the roles and responsibilities of correctional case worker. 5
 - f) Discuss the strategies and skills of community intervention. 5
5. Write short notes on any **five** of the following in about **100** words each:
 - a) Principle of Acceptance 4
 - b) Stages of problem solving process 4
 - c) Indigenization of Casework Practice 4
 - d) Homevisit 4
 - e) Guidelines for effective case recording 4
 - f) Reflective techniques in interviewing 4
 - g) Employee Assistance Programmes 4
 - h) Characteristics of Social Casework in Correction 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) What is Supportive Therapy? Explain the basic strategies of Supportive Therapy. 20
Or
What are the legal aspects of counselling? Explain with examples. 20
- 2) What are the consequences of substance abuse on the individual? 20
Or
Discuss the laws related to counselling. 20
- 3) Answer **any two** of the following questions in about **300 words** each:
- a) What are the qualities needed for a counsellor? 10
 - b) What are the dimensions of Confidentiality? 10
 - c) What are the techniques of Supportive Psychotherapy? 10
 - d) What are the types of Play Therapy? 10
- 4) Answer **any four** of the following questions in about **200 words** each:
- a) Discuss any two stages of counselling. 5
 - b) Explain briefly the Models of counselling. 5
 - c) What do you understand by Ethics and Counselling? 5
 - d) Describe any two role and functions of a Family Therapist? 5
 - e) Highlight aspects of Relapse Prevention. 5
 - f) Write a small note about cognitive restructuring. 5
- 5) Write short notes on **any five** of the following questions in about **100 words** each:
- a) Goals of counselling 4
 - b) Supervision 4
 - c) Ethical Decision Making 4
 - d) Categories of Record Documents 4
 - e) Role of counsellor in psychoanalysis 4
 - f) Strengths of Existential counseling 4
 - g) Child –Centered Play Therapy 4
 - h) Barriers to listening 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. Explain the goals of premarital counselling and discuss its basic methods. 20

OR

Briefly discuss the scope of 'hospital counselling services' 20

2. Mention the main characteristics of adolescence. Describe the common problems of adolescents and importance of counselling in this regard 20

OR

Explain the concept of stress, its causes and consequences. Highlight the various models of stress management. 20

3. Answer **any two** of the following questions in about **300** words each:
 - a) Discuss in details issues involved in counselling homosexuals and explain the role played by counsellors. 10
 - b) What do you understand by grief and bereavement? Explain the five stages of grief as given by Kubler-Ross. 10
 - c) Discuss the need and importance of educational counselling with reference to school children. 10
 - d) Explain the importance of counselling in mental health. 10

4. Answer on **any four** of the following in about **150** words each:
 - a) Explain the concept of mental health. 5
 - b) Enlist the causes of suicide. 5
 - c) Mention the role of counsellor in dealing with absenteeism. 5
 - d) Discuss the stages of career counselling. 5
 - e) What are the three key elements of sexual health listed by WHO ? 5
 - f) List some of the problems in correctional institutions. 5

5. Write short notes on **any five** of the following in about **100** words each:
 - a) Characteristics of helping relationship 4
 - b) Palliative care 4
 - c) ABC Analysis 4
 - d) Guidance services 4
 - e) Gender stereotypes 4
 - f) Hospice care 4
 - g) Genetic counselling 4
 - h) Burn-out 4