

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

**Assignment: 2020-2021**

## **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, 2020 Session – March 31, 2021**

**January, 2021 Session – September 30, 2021**



**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.

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)

# 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. Discuss the importance, scope and future prospects of community work with examples. 20

OR

Describe the development of ecological systems theory and the life model in Social Work. 20

2. Explain briefly the influence of ancient societies on the development of social welfare and social work within Europe. 20

OR

Describe the emergence and growth of social work discipline in South Asia. 20

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

- a) Discuss the essential components of social action. 10
- b) Trace the history of Open Universities. 10
- c) Define and discuss the scope of social work. 10
- d) Briefly describe the emergence and growth of social work discipline in Pacific region. 10

4. Answer any **four** of the following in about **150** words each:

- a) List out the basic components of a profession. 5
- b) Distinguish between community development and community Organisation. 5
- c) Outline briefly the scope of social group work. 5
- d) Differentiate professional action from charity. 5
- e) Enlist the salient features of a social movement. 5
- f) What elements do you consider are important for administration? 5

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

- a) Social work in 'Post-modern' society 4
- b) Elizabethan poor law 4
- c) Concept of general systems theory 4
- d) Social Justice 4
- e) Shramdaan 4
- f) Purpose and objectives of social work 4
- g) Social network 4
- h) Skills and roles of generalist social workers 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. Describe the process of establishing family as one of the important tasks of adulthood. 20

OR

- Discuss the Cognitive development during the different stages of adolescence. 20
2. Highlight the age related changes in the Psychic domains of people. 20

OR

- Explain the common and crucial issues related to work and adjustments in work life. 20
3. Answer any **two** of the following questions in about **300** words each:

  - a) Describe the physical development during infancy. 10
  - b) Write a short note on 'parents as models of socialization. 10
  - c) Describe the services of elderly. 10
  - d) Discuss the role of guidance and counselling in managing the challenges of elderly. 10

4. Answer any **four** of the following in about **150** words each:

  - a) Mention the ten stages of life span described by Hurlock. 5
  - b) What is meant by Peer culture? 5
  - c) List the major social roles of adults in society. 5
  - d) Highlight the possible areas of geriatric counselling. 5
  - e) Describe the role of teachers in the development of adolescence. 5
  - f) Write briefly on Vygotskys' socio-culture theory. 5

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

  - a) Aggression 4
  - b) Delinquency 4
  - c) Parenting Skills 4
  - d) Caregiver stress 4
  - e) Active ageing 4
  - f) Ascribed and Achieved role 4
  - g) Domains of human development 4
  - h) Defence Mechanism 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 Erikson's stages of psychosocial development. 20  
OR  
Describe the psycho analytical theory of personality by Sigmund Freud 20
2. Explain Psychology. Elaborate on the major branches of Psychology, its importance and applications. 20  
OR  
Define social diversity. Highlight the different types of social diversity in India. 20
3. Answer any **two** of the following questions in about **300** words each:
  - a) Discuss the scope and importance of social psychology. 10
  - b) Distinguish between ICD and DSM systems of classification for mental disorders. 10
  - c) Delineate symptoms of post-traumatic stress disorder. 10
  - d) Explain Client Centered Therapy with examples. 10
4. answer any **four** of the following in about **150** words each:
  - a) Enlist the symptoms of separation anxiety disorder. 5
  - b) Briefly discuss the ABC theory of personality. 5
  - c) What do you understand by person-situation controversy? 5
  - d) Explain panic disorders with an example. 5
  - e) Enlist the five sub-types of schizophrenia according to DSM. 5
  - f) Describe briefly the ideal concept of normality. 5
5. Write short notes on any five of the following in about 100 words each:
  - a) Process of counselling 4
  - b) Mood disorders 4
  - c) Group cohesiveness 4
  - d) Stereotypes 4
  - e) Therapeutic Triad 4
  - f) Relapse prevention 4
  - g) Consequences of Casteism 4
  - h) Dissociative identity disorder 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) Discuss the components of Social Case Work.. 20  
Or  
Describe the fields of social case work practice. 20
- 2) Describe briefly the three models of interview structure. Explain any one model with example from your field work experience. 20  
Or  
What are some of the strategies being suggested for solving family problem? 20
- 3) Answer any **two** of the following questions in about **300** words each:
  - a) Highlight the similarities and differences between case work and counselling. 10
  - b) What is social diagnosis? Describe the steps followed in it. 10
  - c) Explain skills of listening and observing. Why are these skills important in social case work interview? 10
  - d) What are some of the models of community involvement? 10
- 4) Answer any **four** of the following questions in about **150** words each:
  - a) Enlist the attributes of client casework relationship. 5
  - b) Briefly explain the limitations of principle of confidentiality. 5
  - c) What is role of case work in managing problems of persons in modern society? 5
  - d) Explain the term 'interviewing'. How is interviewing different from conversation? 5
  - e) Why is recording essential in case work practice? Explain its uses. 5
  - f) List out the role of a community worker. 5
- 5) Write short notes on any **five** of the following questions in about **100** words each:
  - a) Principle of Purposeful expression of feeling. 4
  - b) Social Diagnosis 4
  - c) Failure in Coping 4
  - d) Indigenization of Case work practice 4
  - e) Circular Questions 4
  - f) Paraphrasing 4
  - g) Role of social case worker in health care settings 4
  - h) Role of a Correctional Case Worker 4

# Basics of Counselling

## ASSIGNMENT

Course Code: MSW-015

Total marks: 100

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

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

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

1. What do you understand by Counselling? Discuss the need and scope of counselling. 20  
OR  
Is Counselling cultural bound? Give reasons for your answer. 20
2. 'Write about the psychoanalytic approaches of counselling. 20  
OR  
What is the relevance of Exploratory stage in Counselling? 20
3. Answer any **two** of the following questions in about **300** words each :
  - a) Discuss about any two factors that influence counselling process. 10
  - b) Briefly explain the legal recognition of counselling. 10
  - c) Describe any two basic strategies of supportive therapy. 10
  - d) What do you infer from Child-Centered play therapy? Give your analysis. 10
4. Answer any **four** of the following questions in about **150** words each :
  - a) Present the argument as to whether a counsellor should be specialists or a general counsellor 5
  - b) Briefly discuss the three dimension models of counsellor function. 5
  - c) What do you understand by the term 'BehaviourInterventions'. Explain briefly. 5
  - d) List down and briefly write about the steps in Marital Therapy or family counselling 5
  - e) Write about the most common obstacles to 'listening' during counselling. 5
  - f) Define Ethics. Is Ethics needed in counselling? Give your reasons. 5
5. Write short notes on any **five** of the following in about **100** words each :
  - a) 5 stages of counselling based on the Carkuff's model 4
  - b) Legal challenges encountered by counsellors 4
  - c) Limitation of Reality Therapy 4
  - d) Frame of Reference 4
  - e) Personal qualities of an effective counsellor 4
  - f) Informed Consent 4
  - g) Goals of Adlerian Counselling 4
  - h) The Parent-an indirect participants in counselling 4

## Fields of Counselling ASSIGNMENT

**Course Code: MSW-016**

**Total marks: 100**

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

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

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

1. Explain the role of Care givers in different settings. 20  
OR  
Discuss the importance of counselling services in Correctional setting. 20
2. Briefly explain couple counselling. Discuss its Characteristics and different stages. 20  
OR  
Discuss the importance of counselling in disability sector. 20
3. Answer any **two** of the following questions in about **300** words each :
  - a) Explain some of the pro-active approaches for counselling in adolescence 10
  - b) Discuss some of the major palliative care services. 10
  - c) Elaborate the components of counselling in de-addiction. 10
  - d) Discuss the need and importance of educational counselling with reference to school children .10
4. Answer any **four** of the following questions in about **150** words each :
  - a) What are the essential principles in HIV/AIDS Counselling? 5
  - b) What do you understand by Client-Centered counselling? 5
  - c) List the techniques of Stress Management. 5
  - d) Explain the concept of mental health. 5
  - e) Briefly discuss Motivation Enhancement Therapy(MET). 5
  - f) Explain briefly Gender- Aware Therapy. 5
5. Write short notes on any **five** of the following in about **100** words each :
  - a) Rehabilitation Counselling 4
  - b) Time Management 4
  - c) GHATHER Approach 4
  - d) ABC Analysis 4
  - e) Genetic Counselling 4
  - f) Values of Feminist Approaches 4
  - g) Family Court 4
  - h) Listening Skills 4