

**MSW-012  
MSW-013  
MSW-014  
MSW-015  
MSW-016**

**MASTER OF SOCIAL WORK: COUNSELLING  
MSW (C)  
Second Year**

**Assignments : 2015-2016**

**Course Titles**

- MSW-012 Introduction of 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, 2015 Session - March 31, 2016**

**January, 2016 Session - September 30, 2016**



**School of Social Work  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi – 110068**

Dear Learner,

Welcome to the MSW (Counselling) program 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 MSW program, 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 MSW studies 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 practical's only under the guidance of a professionally qualified social worker having MSW/M.A (Social Work) provided to you from your study centre.

For MSW(C) Second year, you have to do one each Tutor Marked Assignments (TMAs) for 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, 2016 for those admitted to July 2015 Session and September 30, 2016 for those admitted to January 2016 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 or neatly typed 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.

All the MSW students are expected to pass for Field Work (Social Work Practicum) separately with 50% marks each by:

- i. Field Work Supervisor, and
- ii. External Examiner

Your chances of passing in Social Work Practicum will depend on the supervisor who shall be guiding you. Remember that only a qualified supervisor with MSW/M.A (Social Work) is eligible to guide you for your field work. If you have any difficulty in this regard, please discuss the same with your coordinator at the study centre. You may also contact Dr. N. Ramya, the Coordinator of the MSW(C) (ODL) programme on email: ramya@ignou.ac.in

Your Field Work Journal is to be submitted to the Field Work Supervisor (FWS) at the study centre. The FWS will assign the marks and submit the same to the Coordinator at the Study Centre for forwarding the same to Registrar, SED, IGNOU, New Delhi – 110068.

You have five years in hand to complete the MSW programme. You are free to submit the journal any time during the year to the coordinator of the study centre through your supervisor. There is no specific date for journal submission. The Evaluation Division will get the journals evaluated twice in a year i.e. along with the Term End Examination theory papers of June and December respectively. For this purpose Journals must be received on or before May 30<sup>th</sup> and November 30<sup>th</sup> respectively in the Evaluation Division, IGNOU, New Delhi.

You are allowed to register for MSW(C) 2nd year after the completion of one Year. You can also appear for 2<sup>nd</sup> year theory papers. However, you can pursue MSWL-048, MSWL-049 i.e. Field Work for 2nd year only after submitting 1st year Field Work Journal completed in all respect.

Since social work is a professional programme of study, social work students are encouraged to take student membership in the National Association of Professional Social Workers in India (NAPSWI). For details, you may log on to [www.napswionline.org](http://www.napswionline.org). You may also like to participate in seminars, conferences and workshop on social work and related topics. NAPSWI e-journal will provide such information on a regular basis along with lots of other information useful to social workers and para professionals. For details regarding seminar, conferences and meetings of social work professionals and students being organized by the school of social work, kindly log on to [www.ignou.ac.in](http://www.ignou.ac.in), click on to schools and then the school of social work.

**Dr. N. Ramya**  
(Programme Coordinator, MSW (Counselling))

## Introduction of Life Characteristics and Challenges

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. Explain the concept of cognition. Discuss the approaches to study cognitive development. 20  
OR  
Describe the cognitive and social development of the adolescence. 20
2. Discuss the role of guidance and counselling in managing the challenges of adolescence. 20  
OR  
What are the adjustments that an adult need to make during the family developmental stages? 20
3. Answer any **two** of the following questions in about **300** words each:
- a) Describe physical development in infancy, babyhood and early childhood. 10
  - b) What are the major behavioural problems of adolescence. 10
  - c) Discuss the influence of peer group in the development of adolescents. 10
  - d) Highlight the different parenting styles. 10
4. Answer any **four** of the following questions in about **150** words each:
- a) Discuss parenting as a process. 5
  - b) Explain the concept of role behaviour. 5
  - c) Highlight briefly age related changes in the psychic domains of people. 5
  - d) Describe disengagement theory. 5
  - e) Enlist five major roles played by the elderly in agrarian and medieval society. 5
  - f) What is the role of geriatric social workers? 5
5. Write short notes on any **five** of the following questions in about **100** words each:
- a) Meaning of social development 4
  - b) Moral development 4
  - c) Emotion 4
  - d) The family life cycle 4
  - e) Marriage 4
  - f) Role conflict 4
  - g) Concept of ageing 4
  - h) Caregiver stress 4

## Introduction to Psychological Basis of Counselling

Course Code: MSW-013

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. Discuss the different branches of psychology, its importance and applications. 20  
Or  
Explain psychoanalytical theory of personality proposed by Sigmund Freud. 20
2. Describe the nature, scope and importance of social psychology and its relevance for social workers. 20  
Or  
Illuminate the clinical picture of Schizophrenia as a disease. 20
3. Answer any **two** of the following in about **300** words each:
  - a) Define social diversity and explain different types of social diversity. 10
  - b) Briefly analyze different approaches to attitude. 10
  - c) Elucidate the impact of alcoholism on health of an individual. 10
  - d) Explain the different classification of mental illness. 10
4. Answer any **four** of the following in about **150** words each:
  - a) The role of social worker in dementia care. 5
  - b) Management of substance abuse. 5
  - c) The role of counselling in managing the dissociation symptoms. 5
  - d) Mention the characteristics of stereotypes. 5
  - e) What are the major types of mood disorders? 5
  - f) What is OCD? 5
5. Write short notes on any **five** of the following in about **100** words each:
  - a) Transactional analysis 4
  - b) Abnormality 4
  - c) Cirrhosis 4
  - d) Client centered therapy 4
  - e) Importance of personality development 4
  - f) Social processes 4
  - g) Group cohesiveness 4
  - h) Types of discrimination 4

## Relevance of Social Case work in Counselling

Course Code: MSW-014

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.) Trace the origin and development of case work. 20  
Or  
Elaborate on the principles of case work given by Biestek. 20
- 2) Discuss the importance of recording and documentation in social case work. 20  
Or  
Briefly discuss the various problems faced by the family and how case work is applied in family setting. 20
- 3) Answer any **two** of the following in about **300** words each:
- a) Explain various components of case work. 10  
b) Briefly discuss the different phases of social case work process. 10  
c) Discuss the scope of case work in the field of health. 10  
d) What are the interviewing skills required for effective case work? 10
- 4) Answer any **four** of the following in about **150** words each:
- a) Differentiate case work and counselling. 5  
b) What is the importance of observation in case work? 5  
c) How counseling can be a helping technique during case work. 5  
d) Highlight the extent of indigenization of case work practice. 5  
e) Trace the history of correctional settings in India. 5  
f) Elaborate social case work in industrial settings. 5
- 5) Write short notes on any **five** of the following in about **100** words each:
- a) Cause of human problems 4  
b) Values of social case work practice 4  
c) Meaning of counselling 4  
d) Home visit 4  
e) Process recording 4  
f) Social diagnosis 4  
g) Goals of social case work in educational settings 4  
h) Issues dealt in hospital settings 4

## Basics of Counselling

Course Code: MSW 015

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. Discuss in brief, the process of counselling.  
Or  
What are the fundamental strategies that strengthen effective supportive therapy with mentally ill individuals?
  2. Explain the three dimensional model in counselling.  
Or  
Give a brief account of the tools commonly used in counselling.
  3. Answer any **two** of the following questions in about **300** words each:
    - a) Enlist the various aspects of play therapy with children.
    - b) Briefly discuss the key issues in counselling theory and practice.
    - c) What is Gestalt counselling?
    - d) Discuss the goals and techniques of reality therapy.
  4. Answer any **four** of the following questions in about **150** words each:
    - a) Enlist the techniques of transactional analysis.
    - b) Explain Adlerian counselling.
    - c) What is relapse prevention?
    - d) Discuss the strengths and weaknesses of reality therapy.
    - e) Explain the limitations of ethical codes.
    - f) Describe the legal responsibilities of a counsellor.
  5. Write short notes on any **five** of the following questions in about **100** words each:
    - a) Steps in marital therapy
    - b) Limitations of psychoanalytic counselling
    - c) Scope of counselling
    - d) Issues and dilemma in counsellor training
    - e) Qualities of good counsellor
    - f) Empathy
    - g) Ethical counselling
    - h) Challenges in supportive therapy

## FIELDS OF COUNSELLING

**Course Code: MSW 016**  
**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 suicide. What are its causes, signs of suicidal feelings and risk factors?  
OR  
Describe the concept of stress. Identify the factors that cause stress.
2. Discuss the special fields of rehabilitation counseling.  
OR  
Explain the importance of counseling services in educational setting.
3. Answer any **two** of the following questions in about **300** words each:
- a) Highlight the need and importance of premarital counselling.
  - b) Discuss Protection of Women from Domestic Violence Act 2005.
  - c) Distinguish between hospice care and palliative care.
  - d) How to recognize and manage depression and anxiety in the terminally ill?
4. Answer any **four** of the following questions in about **150** words each:
- a) Explain the concept of mental health.
  - b) What is care giving?
  - c) Define grief and bereavement.
  - d) Describe the concept of time management.
  - e) Briefly discuss Motivation Enhancement Therapy (MET).
  - f) Enlist the characteristics of career.
5. Write short notes on any **five** of the following questions in about **100** words each:
- a) Crisis counseling
  - b) Work absenteeism
  - c) Definition of rehabilitation
  - d) Therapeutic counseling
  - e) Career counseling
  - f) Counseling needs of juveniles in conflict with law
  - g) Gender-Aware-Therapy (GAT)
  - h) Importance of parent counseling in the field of disability.