

**CERTIFICATE IN ADOLESCENT
HEALTH AND COUNSELLING
(CAHC)**

Term-End Examination

June, 2016

00117

CNS-AH-001 : FUNDAMENTALS OF ADOLESCENCE

Time : 3 hours

Maximum Marks : 70

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- Note :** (i) *Attempt all questions.*
(ii) *Attempt all parts of a question at one place.*
(iii) *Support your answers with examples.*
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1. (a) Discuss any six characteristics of adolescence.
- (b) Explain the challenges related to cognitive development among adolescents.
- (c) Discuss why the adolescents have to be seen as a special group. 6+3+6=15
2. (a) Explain any *two* of the following aspects of emotional and psychosocial changes among adolescents :
- (i) Identity formation
- (ii) Experimentation
- (iii) Hero-worship (Role Model)

- (b) Discuss the factors which lead to mood fluctuation in adolescents and the tips which adolescents can follow to deal with mood swings. $6+4+5=15$

3. Discuss the role of teachers/parents in educating the adolescents in the following : $3 \times 5 = 15$

- (a) Secondary sexual characteristics in boys at puberty
(b) Secondary sexual characteristics in girls
(c) Process of pregnancy

4. (a) Define sexuality.

(b) Describe any eight sexual behaviours indulged by adolescents.

(c) Explain the role of teachers and parents in developing healthy sexual attitude in adolescents. $2+6+7=15$

5. Write short notes on any *two* of the following : $2 \times 5 = 10$

- (a) Emotional needs and concerns of adolescents
(b) Cognitive changes in late adolescence
(c) Menstrual hygiene and reproductive tract infection
(d) Myths and misconceptions related to masturbation
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