

School of Liberal Education**Bachelor of Arts Honours in Political Science
Semester End Examination - Jun 2024****Duration : 180 Minutes
Max Marks : 100****Sem II - K1UA205T - Counselling Skills**General Instructions*Answer to the specific question asked**Draw neat, labelled diagrams wherever necessary**Approved data hand books are allowed subject to verification by the Invigilator*

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| 1) | How counselling is important in personal development? | K1(2) |
| 2) | Explain the fundamental principles of Cognitive-Behavioral Therapy. | K2(4) |
| 3) | Explain the attributes of counselling | K2(6) |
| 4) | Identify and implement cognitive restructuring techniques in a counseling scenario? | K3(9) |
| 5) | Identify the concept of cognitive distortions in CBT. | K3(9) |
| 6) | List the primary elements of a successful career counseling session. | K5(10) |
| 7) | Compare and contrast the assumptions and techniques of career counseling and marriage counseling, highlighting their unique challenges and benefits. | K4(12) |
| 8) | Evaluate the role of client engagement in the success of group counseling. | K5(15) |
| 9) | Explain in your own words how active listening is applied in Person-Centered therapy. | K5(15) |
| 10) | Elaborate on the main concepts associated with the phenomenological approach to counseling? | K6(18) |