

# **Guidance and Counselling Question Bank**

## **MODULE 1 FUNDAMENTALS OF GUIDANCE (10 Marks)**

### **Unit 1**

#### **Concepts in Guidance**

- 1) Explain briefly the Meaning, Characteristics, Principles, Functions and Need of Guidance.
- 2) Elucidate Educational Guidance with proper examples.
- 3) What is the role of Vocational Guidance? What would be the role of a school to impart Vocational Guidance?
- 4) “Personal Guidance is the need of an Hour” Justify this statement with appropriate examples.
- 5) Identify the particular roles of Agencies of Guidance – Home and School.

#### **Unit 2: Strategies and Devices for Guidance (Uses and Limitations)**

- 6) Mention the different Strategies for Guidance - Individual Guidance as well as Group Guidance.
- 7) What is Aptitude Test? Detect the different areas where the Aptitude Test is conducted.
- 8) Define Interest Inventories with its Educational implications.
- 9) Give detail information Personality test with its Projective and Non Projective Techniques.
- 10) Outline Case study method with its steps with advantages and limitations.
- 11) What are the different types of Interview Method? Explain with relevant examples.
- 12) State definition of Check list? How is it important for as important tool for Guidance?

#### **Unit 3: Career Guidance**

- 13) Mention sources of Career information and Strategies of disseminating career information.
- 14) What is Ginsberg’s Theory of Vocational Choice and explain Factors influencing Vocational Choice.
- 15) What are the Concept and Factors affecting Job Satisfaction?

## **MODULE 2 FUNDAMENTALS OF COUNSELLING**

### **Unit 4: Concept of Counselling**

- 16) State Meaning and Characteristics of counselling with relevant examples.
- 17) What are the Types of counselling? Distinguish Directive, Non-directive and Eclectic Counselling.
- 18) Explain Process of counselling Initial Disclosure, In-depth exploration and Commitment to action.

### **Unit 5: Counselling and Intervention**

- 19) Give detailed information on skills required for counselling. Rapport Building, Listening, Questioning and Responding.
- 20) Expound Cognitive-Behavioural Theory of Albert Ellis with relevant Educational Implication.
- 21) Make clear explanation of Carl Roger’s Humanistic, Person Centered Counselling.
- 22) Mention the strategies for Counselling Adolescent Issues.

### **Unit 6: Role of Counsellor in Contemporary Society**

- 23) What is the role of a teacher as a counsellor to promote positive mental health?
- 24) Illuminate Professional ethics of a counsellor.
- 25) Put in brief explanation of the functions, qualities and the qualifications of a counsellor.

**Short Notes (5 marks)**

- 1) Substance abuse
- 2) Technology induced social networking
- 3) Academic Stress
- 4) Educational Implications Cognitive-Behavioural Theory of Albert Ellis
- 5) Educational Implications of Carl Roger's Humanistic, Person Centered Counselling.
- 6) Qualities of counsellor
- 7) Mental Health
- 8) Educational Implication of Ginsberg's Theory of Vocational Choice
- 9) Rapport Building
- 10) Listening Skills
- 11) Questioning Skills
- 12) Responding.
- 13) Characteristics of Guidance
- 14) Check list
- 15) Principles of Guidance
- 16) Characteristics of Counselling
- 17) Job Satisfaction