

# TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

*Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway*

*Internationally Accredited Institution Registered under Tamilnadu Govt Act*

## POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

### MODEL QUESTION PAPER

#### FOUNDATIONS OF GUIDANCE AND COUNSELLING

**Time: 2 Hrs**

**Total Marks: 100**

**Answer ANY TEN questions**

**10 x 10 = 100**

1. Discuss the nature and scope of guidance and counselling in the context of modern education.
2. Examine the historical evolution of guidance and counselling as professional fields.
3. Describe the major types of guidance services and explain their relevance in various settings.
4. Analyse the key principles and objectives of guidance and counselling.
5. Explore the role of the counsellor in promoting the holistic development of individuals.
6. Explain how guidance and counselling contribute to personal, educational, and career development.
7. Evaluate the importance of ethical standards in counselling practice.
8. Illustrate the difference between guidance and counselling with appropriate examples.
9. Discuss the qualities and professional competencies required for an effective counsellor.
10. Examine the role of guidance and counselling in addressing adolescent issues in school settings.
11. Describe the steps involved in the counselling process and explain their significance.
12. Analyse how cultural, social, and family factors influence guidance and counselling outcomes.



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## **POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING**

### **MODEL QUESTION PAPER**

#### **HUMAN DEVELOPMENT AND PSYCHOLOGY FOR COUNSELLORS**

**Time: 2 Hrs**

**Total Marks: 100**

**Answer ANY TEN questions**

**10 x 10 = 100**

1. Discuss the major principles of human development and their significance for counsellors.
2. Explain the physical, cognitive, and socio-emotional changes that occur during infancy and early childhood.
3. Examine the psychological and developmental challenges faced during adolescence.
4. Explore the key developmental tasks and concerns of adulthood, including career, relationships, and identity.
5. Describe how Erikson's psychosocial theory helps in understanding various stages of the human lifespan.
6. Analyse the role of family, culture, and environment in shaping an individual's development.
7. Discuss the impact of early childhood experiences on later personality and emotional health.
8. Evaluate the importance of Piaget's cognitive development theory in educational and counselling settings.
9. Illustrate how knowledge of developmental psychology enhances a counsellor's effectiveness in addressing client needs.
10. Examine the influence of life transitions such as marriage, parenting, retirement, and aging on psychological well-being.
11. Describe the emotional and behavioural characteristics of children and adolescents that counsellors should be aware of.
12. Assess how developmental delays or disorders can affect learning, adjustment, and personal growth, and suggest appropriate counselling responses.



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### **MODEL QUESTION PAPER**

#### **TECHNIQUES AND APPROACHES IN COUNSELLING**

**Time: 2 Hrs**

**Total Marks: 100**

**Answer ANY TEN questions**

**10 x 10 = 100**

1. Discuss the major theoretical approaches to counselling and their relevance in different client contexts.
2. Explain the key principles and counselling methods used in the cognitive-behavioural approach.
3. Examine the core techniques employed in person-centred counselling and their impact on the therapeutic process.
4. Describe the role of interpretation, free association, and dream analysis in the psychoanalytic approach.
5. Evaluate the effectiveness of the Gestalt approach in helping clients gain self-awareness and resolve unfinished business.
6. Illustrate how solution-focused brief therapy (SFBT) helps clients build on strengths and set goals.
7. Analyse the role of empathy, active listening, and reflection in facilitating effective counselling.
8. Explain the importance of rapport-building techniques and their role in the initial stages of counselling.
9. Discuss the ethical use of questioning and confrontation as counselling interventions.
10. Explore the concept of eclecticism in counselling and how counsellors integrate various approaches to suit client needs.
11. Describe how behavioural counselling techniques such as reinforcement, modelling, and systematic desensitization are applied in practice.
12. Assess the importance of cultural sensitivity and client-centred adaptation when choosing counselling techniques.



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## **POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING**

### **MODEL QUESTION PAPER**

#### **EDUCATIONAL AND VOCATIONAL GUIDANCE**

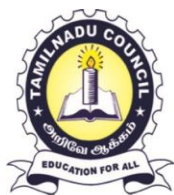
**Time: 2 Hrs**

**Total Marks: 100**

**Answer ANY TEN questions**

**10 x 10 = 100**

1. Discuss the objectives and importance of educational guidance in the school system.
2. Explain the role of vocational guidance in helping students make informed career decisions.
3. Examine the various factors influencing students' educational and vocational choices.
4. Describe the different methods and tools used in assessing students' aptitudes, interests, and abilities for guidance purposes.
5. Analyse the role of teachers and school counsellors in providing effective educational and career guidance.
6. Explore the relevance of career development theories in vocational guidance.
7. Discuss how guidance services can support students with learning difficulties and special educational needs.
8. Explain the importance of parental and community involvement in educational and vocational guidance.
9. Evaluate the use of occupational information in vocational guidance and how it helps students plan their careers.
10. Describe the process of organizing and implementing a comprehensive school guidance program.
11. Examine the challenges and limitations faced in delivering educational and vocational guidance in rural or under-resourced settings.
12. Illustrate how technological advancements are transforming the delivery of career and educational guidance.



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## **POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING**

### **MODEL QUESTION PAPER**

#### **ASSESSMENT AND APPRAISAL IN GUIDANCE AND COUNSELLING**

**Time: 2 Hrs**

**Total Marks: 100**

**Answer ANY TEN questions**

**10 x 10 = 100**

1. Discuss the importance of assessment and appraisal in the process of guidance and counselling.
2. Explain the different types of psychological tests used in counselling settings, including intelligence, aptitude, and personality tests.
3. Describe the principles of test construction and standardization in psychological assessment.
4. Analyse the role of non-testing techniques such as observation, interview, and case study in counselling assessment.
5. Examine the characteristics of a good psychological test with reference to reliability, validity, and usability.
6. Explore how interest inventories and aptitude tests assist in educational and vocational guidance.
7. Discuss the ethical considerations and challenges involved in the administration and interpretation of tests in counselling.
8. Illustrate the steps involved in conducting a comprehensive client assessment in a guidance setting.
9. Explain how assessment results can be effectively used for planning intervention strategies in counselling.
10. Evaluate the significance of self-report inventories and rating scales in understanding clients' personal and emotional issues.
11. Describe the process of interpreting and communicating assessment findings to clients in a constructive and supportive manner.
12. Assess the impact of cultural and linguistic factors on the accuracy and fairness of assessment tools used in counselling.