



All India Mahila Sangh

Registered Under Societies Registration Act 27 of 1975 Govt of Tamilnadu
Recognized by Women's Empowerment Act



DIPLOMA IN COUNSELLING PSYCHOLOGY

INTRODUCTION TO PSYCHOLOGY AND HUMAN DEVELOPMENT

MODEL QUESTION PAPER

TIME: 2 HOURS

TOTAL MARKS:100

Answer any 10 Questions

10 X 10 =100

1. Define Psychology and explain its nature, scope, and importance in understanding human behaviour.
2. Discuss the major perspectives in Psychology: biological, behavioural, cognitive, humanistic, and psychodynamic.
3. Explain the methods of studying behaviour with suitable examples.
4. Describe the structure and functions of the nervous system and its role in behaviour.
5. Discuss the influence of endocrine glands and hormones on human behaviour.
6. Explain the role of heredity and environment in human development.
7. Discuss the stages of human development from infancy to adulthood.
8. Explain the principles of growth and development and the factors influencing development.
9. Describe the major theories of learning and their educational implications.
10. Discuss the meaning, types, and theories of motivation.
11. Explain the nature of emotions and their role in human behaviour.
12. Compare and contrast the psychoanalytic, trait, and humanistic theories of personality.



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PRINCIPLES AND THEORIES OF COUNSELLING PSYCHOLOGY

MODEL QUESTION PAPER

TIME: 2 HOURS

TOTAL MARKS:100

Answer any 10 Questions

10 X 10 =100

1. Define counselling and explain its nature, scope, aims, and objectives.
2. Discuss the need and importance of counselling in modern society.
3. Explain the different types of counselling: individual, group, and family counselling.
4. Describe the qualities and characteristics of an effective counsellor.
5. Discuss the principles of counselling and ethical issues involved in counselling practice.
6. Explain the stages and process of counselling in detail.
7. Discuss Freud's psychoanalytic theory and its significance in counselling.
8. Explain the structure of personality: id, ego, and superego.
9. Describe the psychosexual stages of development and defence mechanisms.
10. Discuss Carl Rogers' Client-Centred Therapy and its core conditions.
11. Explain Cognitive Behaviour Therapy (CBT) and Rational Emotive Behaviour Therapy (REBT).
12. Discuss contemporary approaches in counselling, including solution-focused and multicultural counselling.



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DIPLOMA IN COUNSELLING PSYCHOLOGY

COUNSELLING TECHNIQUES AND COMMUNICATION SKILLS

MODEL QUESTION PAPER

TIME: 2 HOURS

TOTAL MARKS:100

Answer any 10 Questions

10 X 10 =100

1. Define communication and explain its nature, process, and importance in counselling.
2. Discuss verbal and non-verbal communication and their role in counselling.
3. Explain the barriers to effective communication and suggest ways to overcome them.
4. Describe the significance of listening skills in the counselling process.
5. Explain attending behaviour and active listening as essential counselling skills.
6. Differentiate between empathy and sympathy with suitable examples.
7. Discuss questioning techniques, paraphrasing, and summarising in counselling.
8. Explain the role of reflection of feelings and the use of silence in counselling.
9. Compare directive, non-directive, and eclectic counselling approaches.
10. Discuss interview techniques and problem-solving methods used in counselling.
11. Explain rapport building, handling resistance, and crisis intervention techniques.
12. Discuss communication strategies used in counselling children, adolescents, and special groups.



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DIPLOMA IN COUNSELLING PSYCHOLOGY

PSYCHOLOGICAL TESTING AND ASSESSMENT IN COUNSELLING

MODEL QUESTION PAPER

TIME: 2 HOURS

TOTAL MARKS:100

Answer any 10 Questions

10 X 10 =100

1. Define psychological testing and explain its purpose and scope in counselling.
2. Discuss the characteristics of a good psychological test: reliability, validity, and standardisation.
3. Explain the ethical issues involved in psychological testing and assessment.
4. Describe the theories of intelligence and the various types of intelligence tests.
5. Discuss aptitude assessment, its administration, and applications in counselling.
6. Explain the concept and importance of personality assessment.
7. Differentiate between objective and projective personality tests.
8. Describe the Rorschach Inkblot Test and Thematic Apperception Test (TAT).
9. Discuss self-report inventories and behavioural assessment techniques.
10. Explain the interview and observation methods used in counselling assessment.
11. Describe rating scales, checklists, case history methods, and sociometric techniques.
12. Discuss the applications of psychological assessment in educational, vocational, and clinical settings.



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DIPLOMA IN COUNSELLING PSYCHOLOGY

COUNSELLING FOR DIVERSE NEEDS

MODEL QUESTION PAPER

TIME: 2 HOURS

TOTAL MARKS:100

Answer any 10 Questions

10 X 10 =100

1. Explain the meaning, importance, and objectives of counselling for children and adolescents.
2. Discuss the developmental characteristics and counselling needs of adolescents.
3. Explain the common behavioural and emotional problems among children and the role of counselling.
4. Discuss the role of school counsellors, parents, and teachers in child counselling.
5. Explain counselling strategies for individuals with special needs and differently-abled persons.
6. Discuss counselling approaches for gifted and talented individuals.
7. Describe the counselling needs of women, older adults, and disadvantaged groups.
8. Explain the meaning, significance, and process of career and vocational counselling.
9. Discuss the major theories of career development and their applications.
10. Explain the concept of mental health and discuss anxiety, depression, and stress management through counselling.
11. Discuss crisis intervention techniques, trauma counselling, and suicide prevention strategies.
12. Explain the role of family, marital, online, multicultural, and group counselling in contemporary society.