P.G. DEGREE EXAMINATION — FEBRUARY 2023

Counselling and Psychotheraphy

BRIDGE COURSE

Time : 2 hours   Maximum marks : 100

Answer ALL questions.

$(50 \times 2 = 100)$

1. Psychology is a _____

   (a) Biological science

   (b) Physical science

   (c) Social science

   (d) Natural science.

2. Humanistic force is considered as ——————— force in the history of psychology.

   (a) First

   (b) Second

   (c) Third

   (d) Fourth

3. —————— psychology deals with mental process involved in acquisition, storage, manipulation and transfer of information received from the world.

   (a) Comparative   (b) Education

   (c) Cognitive   (d) Gestalt

4. A stimulus that elicits a response before the experimental manipulation is

   (a) Response stimulus

   (b) Unconditional stimulus

   (c) Condition stimulus

   (d) Specific stimulus

5. Psychophysics is a study of ——————

   (a) Perception illness

   (b) Movement perception

   (c) Psychological perception or physical stimuli

   (d) None of the above

6. Development psychology is also loosely named as —————

   (a) Child psychology

   (b) Geriatric psychology

   (c) Physiological psychology

   (d) Biological psychology

7. Children learning the alphabet is a common form of ————— learning

   (a) Serial   (b) Repetition

   (c) Paired   (d) Rehearsal

8. Erikson proposed that "trust or mistrust" develops during the

   (a) Muscular-anal stage

   (b) Locomotor-genital stage

   (c) Oral-sensory stage

   (d) Latency stage

9. The morality of self-accepted principles was proposed by

   (a) Piaget   (b) Freud

   (c) Erikson   (d) Kohlberg

10. Different people often react differently to the same situations. In psychology, it is referred to as —————

    (a) Nativism

    (b) Individual differences

    (c) Multiple determinants

    (d) None of the above

11. Dual attitudes are defined as different evaluations of the same attitude object

(a) Implicit and explicit attitude

(b) Inner and outer attitude

(c) Focussed and unfocussed attitude

(d) Good and bad attitude

12. _____ used the term "stigma" to refer to an attribute that is "deeply discrediting"

(a) Bandura   (b) Erving Goffman

(c) McClelland   (d) Frankl

13. Who is credited with conducting the first systematic study of developmental psychology?

(a) Charles Darwin   (b) Jean Piaget

(c) John Bowlby   (d) Lev Vygotsky

14. Any behaviour directed against persons because of their membership in a particular group best defines the term

(a) Social categorization

(b) Stereotyping

(c) Prejudice

(d) Discrimination

15. The Prisoners' dilemma is an example of
   _____

   (a) Free riding

   (b) Social dilemma

   (c) Solution to a social dilemma

   (d) Opposite to a social dilemma

16. The negative evaluations that mark prejudice often are supported by negative beliefs, called _____

   (a) Attitudes

   (b) Public opinion

   (c) Stereotypes

   (d) Negative thoughts

17. Prejudice is a negative attitude; discrimination is negative

   (a) Belief   (b) Behaviour

   (c) Attribution   (d) Social thought

18. Primary and secondary groups were proposed by _____ theory

   (a) George   (b) Weber

   (c) McDougall   (d) McClelland

19. Which of the following is an example of the negative attitude towards people?

   (a) Stereotype   (b) Prototype

   (c) Prejudice   (d) Discrimination

20. Which one of the following characteristics is not necessarily true about groups?

   (a) Group members are interdependent

   (b) Groups have two or more members

   (c) Groups have externally assigned goals

   (d) Groups interact Subgroup

21. "Psychology is the basis science of education" said by

   (a) Davis   (b) Skinner

   (c) B.B.N.Jha   (d) None of the above

22. Which one of the following is the most important elements in teaching?

   (a) Relationship between teachers and students

   (b) Subject matter

   (c) Teaching techniques and aids used

   (d) Students knowledge

23. Students can be classified into four types on the basis of their learning. Which one the following seeks meaning and reasoning for learning?

 (a) Innovative learner

 (b) Analytic learner

 (c) Common sense learner

 (d) Dynamic learner

24. If student do not understand what is taught in the class, the teacher should

 (a) Repeat the lesson once again

 (b) Teach the lesson again giving more examples

 (c) Check the previous knowledge of the student in the topic

 (d) Motivating him to learn on his own

25. Education Psychology is helpful in

 (a) Understanding oneself

 (b) Understanding the child

 (c) In the selection of teaching methods

 (d) In the whole education process

26. The process of forecasting an organizations future demand for, and supply of, the right type of people in the right number is called

   (a) Recruitment

   (b) Human Resource Planning

   (c) Human Capital Management

   (d) Human Resource Management

27. Which test assesses an individual's achievement and motivational levels?

   (a) Guilford - Zimmerman Temperament Survey

   (b) Minnesota Multiphasic Personality

   (c) Thurstone Temperament Survey

   (d) Thematic Apperception Test

28. In making a decision on the basis of representativeness, the manager may also be a victim of

   (a) Supposition

   (b) Decision making

   (c) Gambler's fallacy

   (d) Attitude change

29. Rapid changing circumstances are forcing the organization to on their HRD strategies

    (a) Rethink

    (b) Enhance their performance

    (c) Leeway

    (d) None of the above

30. _____ occurs when an interviewer judges an applicants entire potential for job performance on the basis of a single trait, such as how the applicant dresses or talks.

    (a) Halo - effect

    (b) Unstructured

    (c) Stress producing

    (d) None of the above

31. Comorbidity occurs when:

    (a) Several members of a family have the same mental health issue

    (b) An individual spends too much time thinking about death

    (c) A person suffers from more than one disorder at the same time

    (d) Nothing can be done to prevent a disorder from occurring

32. In OCD, _____ are to thoughts as _____ are to actions.

    (a) opinions, convictions

    (b) obsessions, conditions

    (c) obsessions, compulsion

    (d) compulsions, obsessions

33. Schizophrenia is usually diagnosed in:

    (a) Infancy   (b) Childhood

    (c) Early adulthood   (d) Old age

34. Malingering and Munchausen syndrome are:

    (a) somatoform disorders

    (b) anxiety disorders

    (c) sexual disorders

    (d) factitious disorders

35. The prevalence rate of a disorder refers to:

    (a) its frequency of occurrence in a population at a given time

    (b) its severity within an individual

    (c) how much coverage there is of the disorder in the media

    (d) how long it typically takes an individual to recover from the disorder

36. Institute of Mental health was started in Madras in the year

    (a) 1745   (b) 1795

    (c) 1784   (d) 1888

37. There is a(n) ——————— relationship between emotional control and mental health.

    (a) Inverted-U   (b) Negative

    (c) Null   (d) Positive

38. What is the most effective strategy for improving a bad mood?

    (a) Exercise

    (b) Trying to be alone

    (c) Watching television

    (d) All of the above

39. The proposition that positive emotions expand an individual's attention and mind-set is

    (a) Yerkes-Dodson Law

    (b) Information Hypothesis

    (c) Positive Theory

    (d) Broaden-and-Build Theory

40. Trepanation was used in olden times to help "cure" psychological disorders by:

   (a) drilling holes in the skull

   (b) using electric shock to "reset' the brain

   (c) giving people more than one drug at the same time

   (d) explaining that it is normal to be scared

41. If we determine the heights and weights of a group of college men that data generated is

   (a) Random   (b) Discrete

   (c) Continuous   (d) Normal

42. A positively skewed distribution

   (a) Has few extremely high values

   (b) Has few extremely low values

   (c) Flat distribution with dispersion of values

   (d) Is very peaked and leptokurtic

43. A few extreme scores in a distribution will affect

   (a) The value of median more than mean

   (b) The value of mean more than median

   (c) The value of mean and median equally

   (d) Neither the value of median and mean

44. Which of the following correlation values is the best predictor for a relationship between X and Y

(a) −0.70   (b) ± 0.60

(c) +0.50   (d) +7.0

45. A measure of variability based upon the difference between each score and the mean is the

(a) Standard Deviation

(b) t-score

(c) z-score

(d) Range

46. The process of using psychological methods by a trained psychologist for helping people with psychological problems is called as_____

(a) Psychoanalysis

(b) Psychotherapy

(c) Psychiatry

(d) None of the above

47. Who came up with Community psychology

(a) James Kelly   (b) Gustav Fechner

(c) Watson   (d) Festinger

48. A forensic psychologist would be most likely to study:

    (a) the accuracy of eyewitness memory

    (b) the impact of advertising on shopping behaviour

    (c) the effect of hormones on decision making

    (d) gender differences in learning styles

49. It is a method of intervening in a system ————

    (a) Process consultation

    (b) Survey feedback

    (c) Managerial grid

    (d) Goal setting

50. —————— test is more useful in helping to make a career choice

    (a) Occupational test   (b)   Attitude test

    (c) Aptitude test   (d) Intelligence test

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P.G. DEGREE EXAMINATION — FEBRUARY 2023.

Counselling and Psychotherapy

First Year

FUNDAMENTALS OF PSYCHOLOGY

Time : 3 hours   Maximum marks : 70

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions out of Eight Questions in 300 words.

All questions carry equal marks.

1.   Enumerate the application of psychology.

2.   Outline the factors that determine Depth Perception.

3.   Compare Stimulus Generalization and Stimulus Discrimination.

4.   Build the steps in Problem Solving.

5. Identify the difference between Biological Motives and Social Motives.

6. List out the classification of IQ.

7. What are the determinants of Personality?

8. Interpret the distinguishing characteristics of Emotion and Stress.

PART B — (3 × 15 = 45 marks)

Answer any THREE questions out of Five Questions in 1000 words.

All questions carry equal marks.

9. Analyze the various Schools of Psychology.

10. Discover the factors that determine Attention with suitable examples.

11. Discuss Classical Conditioning and Operant Conditioning in detail.

12. Evaluate the various theories of Motivation.

13. Elaborate the various theories of Personality.

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P.G. DEGREE EXAMINATION - FEBRUARY, 2023

Counselling and Psychotherapy

First Year

DEVELOPMENTAL PSYCHOLOGY

Time : 3 hours   Maximum marks : 70

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions out of Eight Questions in 300 words.

All questions carry equal marks.

1. Explain the meaning and nature of Development.

2. Solve the hazards of Babyhood.

3. Outline the nature of Sex role typing.

4. Identify the hazards of Puberty.

5. Compare Gifted Children and Mentally Retarded.

6. Choose the characteristics of Adolescence.

7. Select the Personality changes during Adolescence.

8. Interpret the Social and Vocational adjustments during Middle age.

PART B — (3 × 15 = 45 marks)

Answer any THREE questions out of Five Questions in 1000 words.

All questions carry equal marks.

9. Survey the significant facts about Development.

10. Maximize the difference between early and late childhood.

11. Perceive the characteristics of Autism and Dyslexia.

12. Minimize marital problems with suitable Interventions.

13. Formulate the various approaches to successful Ageing.

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P.G. DEGREE EXAMINATION — FEBRUARY, 2023.

Counselling and Psychotherapy

First Year

COUNSELLING AND HEALTH PSYCHOLOGY

Time : 3 hours   Maximum marks : 70

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions out of Eight questions in 300 words.

All questions carry equal marks.

1. What are the goals of Counselling?

2. How can positive mental health be achieved?

3. Recall the importance of Decision making in Counselling.

4. Demonstrate the techniques of interview during Counselling.

5. Contrast Verbal and Nonverbal Communication in Counselling.

6. Identify the reactions to Life stress.

7. Construct the measurement of Pain.

8. Demonstrate the lifestyle risk factors.

PART B — (3 × 15 = 45 marks)

Answer any THREE questions out of Five questions in 1000 words.

All questions carry equal marks.

9. Develop the approaches to Counselling.

10. Examine the various theories of Counselling.

11. Formulate educational and career counselling programs.

12. Improve the models of Stress.

13. Design Gate theory of Pain.

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P.G. DEGREE EXAMINATION — FEBRUARY, 2023.

Counselling and Psychotherapy

First Year

COUNSELLING TECHNIQUES AND ASSESSMENTS

Time : 3 hours   Maximum marks : 70

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions out of Eight questions in 300 words.

All questions carry equal marks

1. What are the desirable characteristics of a Counselor?

2. Define group guidance and group Counselling.

3. Name some rating scales.

4. Spell out the nature of interview schedules.

5. Compare reliability and validity.

6. What are the cautions for the use of Psychological Tests?

7. Name the subtests in Differential Aptitude Test Battery.

8. Tell the special Aptitude tests.

PART B — (3 × 15 = 45 marks)

Answer any THREE questions out of Five questions in 1000 words.

All questions carry equal marks.

9. Construct Egan's Model used in Counselling.

10. Discover the values of Group Counselling.

11. Design a case study with a suitable example.

12. Maximize the uses of Psychological Tests.

13. Compile the theories of Intelligence.

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