

**SNDT Women's University**  
**Centre For Distance and Online Education**

Day & Date	Subject Name	Time	Marks
09/05/2024 Thursday	Certificate Course in Guidance and Counselling	11.00 AM To 02:00 PM	100

**Instructions:**

- 1. Question No. 7 is compulsory**
- 2. Write any 5 questions from 1 to 6.**

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- Q.1 Explain the concept personality? Explain big five trait theory of personality 15
- Q.2 Rama is 16 years old girl she has approached you for counselling as she has depression explain the steps of counselling process? 15
- Q.3 Explain the concept of mental health? How you will identify person with obsessive compulsive disorder and Eating disorder 15
- Q.4 Radha wants to become school counsellor what academic qualification and professional qualities she should have and why those qualities are important to be a good counselor 15
- Q.5 "Family and school environment plays an important role in positive mental health" do you agree with this statement justify your answer 15
- Q.6 You want to pursue a career in school counseling what qualities you should have and what ethics you should follow as a counselor 15

**Q7 Answer the following ( any 5) 25**

- a) What is a need of a counselling?
- b) What are the benefits of family counselling?
- c) What are different factors of individual differences?
- d) Explain different components of multiple intelligence?
- e) Explain the role interest inventory and aptitude test in career guidance?
- f) Explain the need of old age counselling ?

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