

Post Graduate Diploma in Guidance and Counselling (Distance programme) Online mode

The students are required to read carefully and follow the instructions given below:

- **Submission of one complete Assignment in each paper of the programme is compulsory.**
- **Completed Handwritten Assignments on A4 size papers in a PDF format need to be submitted on Google Classroom on or before the due date**
- **Write your Name, Father's Name and Roll Number as required on the cover page of each Assignment.**
- **For Assignments Submitted after due date mentioned, a late fee of Rs. 100/- per assignment will be payable through Demand Draft in favor of Jamia Millia Islamia, Payable at New Delhi**
- **For ex-students who failed to submit assignments during the course of the programme are required to submit Rs. 200/- per assignment payable through Demand Draft in favor of Jamia Millia Islamia, Payable at New Delhi.**
- **Please go through your Programme Guide carefully for further details.**

Note: All Questions carry equal Marks in each subject and should be in 500 words approximately

Course Title: Psychological Basis of Guidance & Counseling

Course Code: DGC-I

Maximum Marks: 30

Note- Attempt any three questions. All questions carry equal marks

1. 'Psychology as a science', elaborate with suitable examples. Discuss the core areas of application of Psychology.
2. Explain the Psychoanalytical perspective of Psychology with reference to Freud and Jung.
3. What do you understand by the term Growth and Development? List out the various factors influencing Growth and Development of an individual.
4. Define the term 'Intelligence'. Discuss any two theories of Intelligence.
5. Discuss the concept of 'Learning'. Explain the 'operant conditioning' with applications.

Course Title: Essentials of Guidance and Counseling

Course Code: DGC-II

Maximum Marks: 30

Note- Attempt any three questions. All questions carry equal marks

1. Elucidate Guidance and List down its objectives. How does guidance vary from teaching and counseling?
2. Discuss the nature, goals and techniques of individual and group guidance?
3. Describe in detail approaches and techniques of Counselling?
4. Elucidate the statement "For overall development of a child elementary school guidance is mandatory."
5. Define the term 'inclusive education'? Discuss the need and significance of Inclusive education.

Course Title: Mental health and Adjustment

Course Code: DGC-III

Maximum Marks: 30

Note- Attempt any three questions. All questions carry equal marks

1. How disability rehabilitation is important? Elucidate the role of counselor in disability rehabilitation.
2. Explain the factors affecting adjustment. How the defense mechanisms are supportive in adjustment?
3. In what way mental health vary from mental illness? Explain few suitable interventions for preserving positive mental health.
4. Define the term 'Therapeutic Intervention'? Discuss the principles of cognitive therapy
5. Explain Health Compromising Behaviors? Discuss the impact of such behaviors on mental and physical health.

Course Title: Career Development

Course Code: DGC-IV

Maximum Marks: 30

Note- Attempt any three questions. All questions carry equal marks

- 1) Explain decision theory? Describe briefly the various approaches of 'decision' for a suitable career.
- 2) Discuss the meaning and requirement of career development, career guidance and counseling and also discuss diverse approaches to career development?
- 3) Briefly explain skills necessary for a counselor.
- 4) Describe the goals of Career guidance at several stages of school level?
- 5) Discuss the significance and application of matching approaches in career development.

Course Title – Assessment & Appraisal in Guidance & Counselling

Course Code –DGC-V

Maximum Marks – 30

Note: Attempt any three questions. All questions carry equal marks.

1. How will you administer the Thematic Apperception Test (TAT). Illustrate.
2. What are psychological tests? Write down the procedure of standardization of psychological tests.
3. Discuss the importance of the Woodcock-Johnson III test of Learning Disability for Children with Special needs (CWSN).
4. How will you administer the Terman's Stanford-Binet Intelligence scale in a classroom? Discuss.
5. Explain the significance of Kuder Occupational Interest Survey.

Course Title –Stress and Conflict Management

Course Code –DGC-VI

Maximum Marks – 30

Note: Attempt any three questions. All questions carry equal marks.

1. Discuss the concept of stress and burnout with suitable examples
2. What is conflict? What can be the possible sources of conflict in a student's life? How can you as a counselor help the students in conflict management?
3. Elucidate the various levels of conflict – individual, inter and intra-group.
4. Explain with suitable examples the method for negotiation and mediation for conflict resolution.
5. The COVID-19 pandemic and the lockdown has contributed to stress in students' life. Do you agree? Why/ why not?

