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BPCE-017

**BACHELOR'S DEGREE
PROGRAMME (BDP)**

**Term-End Examination
December, 2025**

**BPCE-017 : INTRODUCTION TO COUNSELLING
PSYCHOLOGY**

Time : 2 Hours

Maximum Marks : 50

Note : *All Sections are compulsory.*

Section-A

Note : *Answer any two of the following questions
in about 450 words each. 2×10=20*

1. Explain the counselling interview process.
Describe the goals of counselling. 3+7
2. Describe the structure of personality and
explain the use of ego defense mechanisms. 5+5
3. Explain the goals and theories of family
counselling. 4+6
4. Explain the basic tenets of cognitive
behavioural counselling and describe its
techniques. 10

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Section-B

Note : Answer any four of the following questions in about 250 words each.

4×6=24

5. Explain the barriers to communication in counselling. 6
6. Discuss counselling in the Indian context. 6
7. Describe the verbal and non-verbal communication skills in counselling. 6
8. Explain the meaning and development of self-concept. 6
9. Describe the adolescence issues and explain the ways of counselling adolescents. 6

Section-C

Note : Write short notes on any two of the following in about 100 words each. 2×3=6

10. Unconditional Positive Regard. 3
11. Family sculpting and family floor plan. 3
12. Gifted Students. 3

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