

PG-274

MSY-9

**M.Sc. DEGREE EXAMINATION —
JANUARY 2015.**

Second Year

Psychology

COUNSELLING AND BEHAVIOUR MODIFICATION

Time : 3 hours

Maximum marks : 75

PART A — ($3 \times 5 = 15$ marks)

Answer any THREE questions.

Each answer not to exceed 1 page.

1. Distinguish between Guidance and Counselling.
2. Write a short note on Jacobson's deep muscle relaxation technique.
3. Elaborate the uses of social skills training.
4. Write a short note on chaining technique.
5. Elaborate Educational guidance.

PART B — ($4 \times 15 = 60$ marks)

Answer any FOUR questions.

Each answer not to exceed 4 pages.

6. Write an essay on Tools of Assessment.
 7. Elaborate various Relaxation Techniques.
 8. Enumerate various Operant Conditioning Techniques.
 9. Write an essay on Rational Emotive Therapy.
 10. Enumerate the steps in systematic Desensitization.
 11. Elaborate the components of Assertive Training.
 12. Explain the need for educational guidance in school setup.
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