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Bengaluru

Mid Term Examinations - October 2026

Date: 09/10/2026 **Time:** 09:30 AM - 11:00 AM

Course Code: PSY1006 **Course Name:** Counselling Psychology

Semester: Third Semester **Max. Marks:** 50 **Weightage:** 50%

CO - Levels	CO1	CO2	CO3
Marks	10	20	60

PART A: Answer Following Questions. 10 M

Q.N.	Questions	M	CO	BT
1	Define guidance and counseling.	2	CO1	BT1
2	State the primary statutory function of the Rehabilitation Council of India (RCI).	2	CO1	BT1
3	List two core personal qualities of an effective counselor.	2	CO1	BT1
4	Define open-ended and closed-ended questions used in a counseling intake session.	2	CO1	BT1
5	Define paraphrasing and reflection of feelings in micro-skills training.	2	CO1	BT1

PART B : Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
6	A first-year university student approaches the counseling center stating: "*I keep saying that I'm completely fine to my parents because I don't want them to worry, but honestly, I am totally exhausted and failing my tests.*" Demonstrate how a counselor would apply micro-skills to this scenario by formulating: 1. An empathic response that reflects both content and emotional meaning. 2. One open-ended question to facilitate deeper exploration. 3. One clarification statement to address ambiguity.	10	CO3	BT3
7	*A student visits the center feeling confused about whether to pursue Psychology or Journalism, stating she wants career information but is also deeply uncertain about her personal interests and family expectations.* Apply the distinctions between guidance and counseling to this case by: 1. Explaining which aspects of her situation require guidance versus counseling. 2. Outlining a 4-step collaborative counseling exploration process.	10	CO3	BT3

PART C: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
8	Analyze the developmental/wellness perspective versus the medical/pathological model in counseling. *Examine how a university counselor would conceptualize a student experiencing severe transition stress during their first semester under both perspectives.*	10	CO3	BT4

9	*A counselor is working with a client whose presenting psychological issues exceed the counselor's professional training and competence*. Analyze the ethical and legal implications of this scenario with reference to non-maleficence, professional boundaries, and competence. Detail the step-by-step ethical decision-making and referral process.	10	CO3	BT4

PART D: Answer Any 1 Following Questions. 10 M				
Q.N.	**Questions**	**M**	**CO**	**BT**
10	*An institution introduces an AI-enabled chatbot to handle preliminary intake screening and automated mental-health information delivery before human counseling sessions.* Analyze the benefits and ethical/professional risks of integrating AI into this ecosystem. Examine three critical ethical concerns and explain why AI output cannot replace professional human judgment.	10	CO3	BT4
11	Analyze the core ethical principles of Confidentiality, Informed Consent, and Client Autonomy in Indian counseling practice. Examine a scenario where a *client discloses sensitive personal information,* detailing mandatory steps for informed consent and specific boundaries where confidentiality must be breached.	10	CO3	BT4

PART E: Answer Any 1 Following Questions. 10 M				
Q.N.	**Questions**	**M**	**CO**	**BT**
12	Explain the clinical significance of physical attending skills (SOLER framework / non-verbal cues) and active listening in building therapeutic rapport. Detail how non-verbal mismatches or poor listening habits impact the therapeutic alliance.	10	CO2	BT2
13	Describe the systematic intake and assessment process in counseling, outlining structural steps required from initial greeting to goal setting.	10	CO2	BT2