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Bengaluru

Mid Term Examinations - October 2026

Date: 05/10/2026 **Time:** 02:00 PM - 03:30 PM

Course Code: PSY1905 **Course Name:** Corporate Counselling

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

CO - Levels	CO1	CO2	CO3
Marks	10	60	20

PART A: Answer Following Questions. 10 M

Q.N.	Questions	M	CO	BT
1	Explain why counselling is needed in organizations.	2	CO1	BT2
2	Explain any two differences between workplace counselling and mentoring	2	CO1	BT2
3	Explain the relationship between psychological health and employee productivity.	2	CO1	BT2
4	Explain the concept of unconditional positive regard in person-centred counselling.	2	CO1	BT2
5	Explain the purpose of scaling questions in solution-focused counselling	2	CO1	BT2

PART B : Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
6	An organization is experiencing high employee turnover, work stress and declining morale. As a workplace counsellor, apply your knowledge of workplace support systems to identify appropriate counselling, coaching, mentoring, HR and employee-relations interventions.	10	CO2	BT3
7	An organization wants to improve employee well-being and productivity. Apply the principles of workplace mental health and psychological health to design a basic employee-support intervention.	10	CO2	BT3

PART C: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
8	An employee reports feeling overwhelmed by workload and says, “Nothing I do seems to make a difference.” Apply solution-focused counselling techniques to conduct an initial counselling intervention using scaling questions, exception finding and resource identification.	10	CO2	BT3
9	An employee has been experiencing repeated negative thoughts about their colleagues and believes that “everyone at work is against me.” Apply CBT techniques to help the employee identify maladaptive thoughts, examine them and develop more adaptive responses.	10	CO2	BT3

PART D: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT

10	An employee has become disengaged after receiving repeated criticism from a supervisor. Apply person-centred and strengths-based counselling principles to help the employee rebuild confidence, identify strengths and improve engagement.	10	CO2	BT3
11	An employee with low confidence is hesitant to take responsibility for new tasks. Apply strengths-based counselling principles to identify personal resources, build resilience and promote empowerment in the workplace.	10	CO2	BT3

PART E: Answer Any 1 Following Questions. 10 M				
Q.N.	**Questions**	**M**	**CO**	**BT**
12	During a counselling session, an employee discloses a sensitive workplace concern and asks the counsellor not to share it with anyone. Apply ethical principles of workplace counselling, including confidentiality and professional boundaries, to explain how the counsellor should handle the situation	10	CO3	BT3
13	A counsellor is asked by a manager to provide detailed information about an employee's counselling sessions. Apply the principles of confidentiality, ethical practice and professional boundaries to determine how the counsellor should respond while maintaining an appropriate workplace support system.	10	CO3	BT3