

Post Graduate Diploma in Guidance & Counseling

ASSIGNMENTS- 2019-20

INSTRUCTIONS

Indian Defence Personnel enrolled for various programme of studies offered under distance mode at the CDOL, Jamia Millia Islamia are advised to read carefully and follow the instruction given below:

- Submission of one complete Assignment in each course of the programme Is compulsory.
- Completed Assignments on prescribed Assignment Booklets are to be Submitted by hand or through post to the Programme Coordinator, CDOL Jamia Millia Islamia (Gate No-20), Jamia Nagar New Delhi-110025
- For assignments submitted after dates a late fee of **Rs. 100/-** per assignment will be payable to the CDOL 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 to the CDOL in the form of Demand Draft in favor of **Jamia Millia Islamia**, Payable at New Delhi.
- Write your name, roll number and other details as required on the cover page Of **Assignment Booklet**.
- **For your record you must keep a photocopy of your Assignment.**
- **Please go through your Programme Guide carefully for farther details**

Post Graduate Diploma in Guidance & Counseling (For Indian Defense Personnel)

Course Title: Psychological Basis of Guidance & Counseling
Session:-2019-20

Course Code: GC-I
Maximum Marks: 30

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

1. Why is it important to resolve crisis of a particular stage to go to the next stage in Erickson's theory of psycho social development?
2. Adolescence is a period of storm and stress. Do you agree with this statement of Stanley Hall? Substantiate answer with suitable examples.
3. What is the difference between positive and negative reinforcement in operant condition? Discuss the application of operant conditioning in education field.
4. What, according to you, is the most important cause of frustration? Explain with suitable example.
5. Write short note on the following:
 - a. Emotional Intelligence & Emotional Quotient
 - b. Conflict and Frustration

Course Title: Essentials of Guidance and Counseling
Session:-2019-20

Course Code: GC-II
Maximum Marks: 30

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

1. Define Guidance and write its objectives. How does guidance differ from teaching and counseling?
2. Explain and differentiate between aptitude tests and achievement tests. Why do we need to have the aptitude tests?
3. Explain the statement "For overall development of a child elementary school guidance is mandatory."
4. What do you mean by inclusive education? Discuss the need and importance of inclusive education.
5. Write short note on the following:
 - a. Techniques of Counseling
 - b. Specific Objective of Guidance at different stages of school

Course Title: Mental Health & Adjustment
Session:-2019-20

Course Code: GC-III
Maximum Marks: 30

Note: - Attempt any three questions. All questions carry equal mark.

1. Can a long lasting pattern of deviant behavior be considered abnormal? Define the symptoms of abnormal behavior in detail.
2. Define stress and discuss different types of stressors. Explain different causes of stress.
3. Explain defense mechanisms and its types according to psychoanalytic approach. How the defense mechanisms are helpful in adjustments?
4. Discuss the different type of disability. Explain the psychological and educational classification of mental retardations.
5. Write short note on the following:
 - a. Psychopathology
 - b. Mood Disorders

Course Title: Career Development
Session:-2019-20

Course Code: GC-VI
Maximum Marks: 30

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

1. Explain the significance and application of matching approaches in career development.
2. Explain the nature, importance and types of career information.
3. Brief account of skills required for a counselor.
4. What is decision theory? Describe briefly the different approaches of 'decision' for a suitable career.
5. Write short note on the following:
 - a. Role of a counselor in a school and non-school setting.
 - b. Importance of a career guidance

Course Title: Assessment and Appraisals in Guidance & Counseling
Session:-2019-20

Course Code: GC-V
Maximum Marks: 30

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

1. What do you mean by bias? Explain the test Bias with special reference to guidance and counseling programme.
2. Explain the different features of Terman's Stanford-Binet Intelligence scale and Modern Binet Scales.
3. Define learning disabilities. What are the specific learning difficulties caused by processing deficit?
4. Define interest inventory in your own words .Discuss the significance of interest inventory for guidance workers.
5. Write short note on the following:
 - a. Differential Aptitude Test Battery.
 - b. Thematic Apperception Test