

Post Graduate Diploma in Guidance and Counselling (Distance Mode)

The students are required to read carefully and follow the instructions given below:

- **Submission of one complete Assignment in each paper of the programme is compulsory.**
- **Completed Handwritten Assignments in a PDF format need to be submitted on Google Classroom on or before the due date**
- **Write your Name, Father's Name, Roll Number, Mobile No. and other details as required on the cover page of each Assignment.**
- **For Assignments Submitted after due date mentioned, a late fee of Rs. 100/- per assignment will be payable 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 payable through Demand Draft in favor of Jamia Millia Islamia, Payable at New Delhi.**
- **Please go through your Programme Guide carefully for further details.**

Course Title: Psychological Basis of Guidance & Counseling
Session:-2021-22

Course Code: DGC-I
Maximum Marks: 30

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

1. What do you understand by the term 'Psychology'? Discuss any two methods of Psychology from the following: Observation, Interview (Clinical), Case-history, Psychological Tests and Experiments.
2. Explain in detail the principles of Growth.
3. What is mental retardation? What are the various causes of mental retardation?
4. What are the different kinds of Motives? Explain Maslow's Hierarchy of Needs.
5. Discuss the recent trends in Understanding Personality. Also, write a short note on Measurement of Personality.

Course Title: Essentials of Guidance and Counseling
Session:-2021-22

Course Code: DGC-II
Maximum Marks: 30

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

1. Discuss nature, goals and techniques of individual and group guidance?
2. Describe in detail approaches and techniques of Counselling?
3. What do you mean by inclusive education? Discuss the need and importance of inclusive education.
4. Explain the statement "For overall development of a child elementary school guidance is mandatory."
5. Define Guidance and write its objectives. How does guidance differ from teaching and counseling?

Course Title: Mental health and Adjustment
Session:-2021-22

Course Code: DGC-III
Maximum Marks: 30

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

1. How does mental health differ from mental illness? Discuss some relevant interventions for maintaining positive mental health.
2. What are the Health Compromising Behaviours? Discuss the impact of such behaviours on mental and physical health.
3. Explain the factors affecting adjustment. How the defence mechanisms are helpful in adjustment?
4. Why disability rehabilitation is important? Discuss the role of counsellor in disability rehabilitation.
5. What do you mean by the term 'Therapeutic Intervention'? Discuss the principles of cognitive therapy.

Course Title: Career Development

Course Code: DGC-IV

Session:-2021-22

Maximum Marks: 30

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

- 1) Describe the meaning and need of career development, career guidance and counseling and also discuss various approaches to career development?
- 2) What is decision theory? Describe briefly the different approaches of 'decision' for a suitable career.
- 3) Brief account of skills required for a counselor.
- 4) Explain the significance and application of matching approaches in career development.
- 5) Explain the goals of Career guidance at various stages of school level?

Course Title: Assessment & Appraisal in Guidance and Counselling

Course Code: DGC-V

Session:-2021-22

Maximum Marks: 30

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

- 1) What type of Intelligence test will you administer in multilingual settings? Illustrate.
- 2) Explain the different feature of Binet Intelligence Scale and early Binet Scale.
- 3) Explain Raven's Progressive Matrices. How Advanced Progressive Matrices is different from standard Progressive Matrices?
- 4) Define Interest Inventory. Describe Strong- Campbell Interest Inventory in detail.
- 5) Write short notes on
Rorschach Inkblot Test
Cattell's 16 PF

Course Title: Stress and Conflict Management

Course Code: DGC-VI

Session:-2021-22

Maximum Marks: 30

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

- 1) Describe negotiation strategies for workplace?
- 2) Discuss in detail extra organization factors which cause stress in the organizations?
- 3) What do you understand by organizational conflict? Explain its various types and forms.
- 4) How organizations respond to bring down employee stress and make them better use in the organization? Elucidate
- 5) Explain the concept of Conflict and discuss various sources of conflict. Highlight advantages and disadvantages of conflict occurring.