

Post Graduate Diploma in Guidance and Counselling (Distance Mode) (2023-2024)

Guidelines to submit Assignments

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

1. Submission of one complete Assignment in each paper of the programme is compulsory.
2. Completed Handwritten Assignments on A4 size papers in a PDF format need to be submitted on Google Classroom on or before the due date
3. Write your Name, Father's Name and Roll Number as required on the cover page of each Assignment.
4. 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
5. 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.
6. Please go through your Programme Guide carefully for further details.
7. Last Date for Assignment Submission is 5th May, 2024

(Note: Each question in assignment has an equal weightage of marks and should be approx 600 words.)

**DGC-I
Annual Assignment
PGDGC (Distance Mode)
(2023-24)**

Course Title: Psychological Basis of Guidance & Counselling

Max Marks: 30

Attempt any 3 questions. Each answer should be in 600 words. (10 Marks each)

Q1. Define the concept of Psychology. Also, list the various applications of Psychology in the field of education.

Q2. Explain the Psycho-analytical perspective of Psychology with appropriate examples.

Q3. Discuss the concept of Growth and Development. Also, explain the different Principles of Growth and Development as given by Piaget.

Q4. What is Mental retardation? What can be the different causes for mental retardation? How can you as a Counsellor help a mentally retarded person? Support your answer with suitable examples.

Q5. Elucidate the concept of Motivation. Also, discuss Maslow's Hierarchy of Needs with appropriate examples.

Q6. Write a short note on any two of the following:

- I. Determinants of Personality
- II. Drive-Reduction Theory
- III. Concept of individual differences
- IV. Psychological Tests

DGC-II
Annual Assignment
PGDGC (Distance Mode)
(2023-24)

Course Title: Essentials of Guidance and Counselling

Max Marks: 30

Attempt any 3 questions. Each answer should be in 600 words. (10 Marks each)

Q1. What do you understand by guidance? Describe the types and needs of Guidance?

Q2. What do you understand by guidance services? Describe the importance and major principles of organising guidance services?

Q3. What do you mean by the term Group Cohesiveness? How does the Group Cohesiveness affect the performance of the group.

Q4. Discuss the steps that should be followed while undertaking the evaluation of school guidance planning.

Q5. How is peer meditation helpful in elementary school guidance? Explain with suitable examples.

Q6. Write short notes on any two of the following:

- I. Educational Guidance
- II. Personal Guidance
- III. Vocational Guidance
- IV. Health Guidance

DGC-III
Annual Assignment
PGDGC (Distance Mode)
(2023-24)

Course Title: Mental health and Adjustment

Max Marks: 30

Attempt any 3 questions. Each answer should be in 600 words. (10 Marks each)

Q1. Describe the concept of mental health in detail and discuss the principles of mental health which helps in adjustment of an individual.

Q2. Define health compromising behaviour. What are the different counselling skills for health related problems.

Q3. What are different types of defence mechanisms according to the psychoanalytic approach.

Q4. What is the role of counsellor in disability rehabilitation? Discuss techniques of behaviour modification for the problematic behaviour.

Q5. What do you mean by the term therapeutic Intervention. Explain the different defence mechanisms according to Freud's psychoanalytic therapy.

Q6. Write short note on any two.

- I. Principles of mental hygiene.
- II. General adaptation syndrome.
- III. Self management techniques.
- IV. Concept of psychopathy.

DGC-IV
Annual Assignment
PGDGC (Distance Mode)
(2023-24)

Course Title: Career Development

Max Marks: 30

Attempt any 3 questions. Each answer should be in 600 words. (10 Marks each)

Q1. What was your dream about your career when you were 10 years old? Write a brief biography of your career development along with professional experience.

Q2. Describe the concept of guidance and counselling and its significance in the modern expanding world.

Q3. Elucidate how technological advances might help students become more aware of their career options.

Q4. Explain the need and importance of career information along with their functions.

Q5. Explain the Holland's Theory of Vocational Personalities and Work Environment.

Q6. Write short notes on any two.

1. Five Factor model of Personality
2. Classification of career information by Occupation
3. Skills required by a counsellor
4. Career Development and Growth

DGC-V
Annual Assignment
PGDGC (Distance Mode)
(2023-24)

Course Title: Assessment & Appraisal in Guidance & Counselling

Max Marks: 30

Attempt any 3 questions. Each answer should be in 600 words. (10 Marks each)

Q1. Describe the various challenges involved in psychological assessment with specific reference to its use in guidance and counselling.

Q2. Showing your familiarity with Binet's principles of test construction, explain the various stages of Binet's scale.

Q3. Drawing the basic differences between individual and group tests, critically examine the merits and demerits of WISC over RPM.

Q4. Drawing the basic differences between interests and aptitudes, describe the utility of different tests mentioned in DAT battery.

Q5. Understanding the basic differences between psychometric and projective tests used for personality assessment describe all the characteristics of TAT.

DGC-VI
Annual Assignment
PGDGC (Distance Mode)
(2023-24)

Course Title: Stress and Conflict Management

Max Marks: 30

Attempt any 3 questions. Each answer should be in 600 words. (10 Marks each)

Q1. Is stress a process or phenomena? Discuss it in the light of its mechanism and occurrence across various situations.

Q2. Discuss the various antecedences of stress and the consequences pertaining to performance and life.

Q3. Explaining the debate of functional and dysfunctional conflict discuss it in the light of various views of conflict.

Q4. Outlining the various organisational tenet of stress suggest their suitable management means with special reference to Indian organisations.

Q5. Drawing the basic differences between conflict management and resolution, describe the various strategies of conflict management used in a school setup. Cite cases in support of your answer.

