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EXAMINATION DIVISION

DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
2018/2019 – SEMESTER II – FINAL EXAMINATION

B.SC. (HONS) IN PSYCHOLOGY  
PLU3309 INTRODUCTION TO COUNSELLING PSYCHOLOGY- LEVEL 3  
FINAL EXAMINATION PAPER  
DURATION: 02 HOURS

DATE: <sup>30<sup>th</sup></sup> ~~03<sup>rd</sup>~~ NOVEMBER 2019

TIME: 9.30 - 11.30 AM

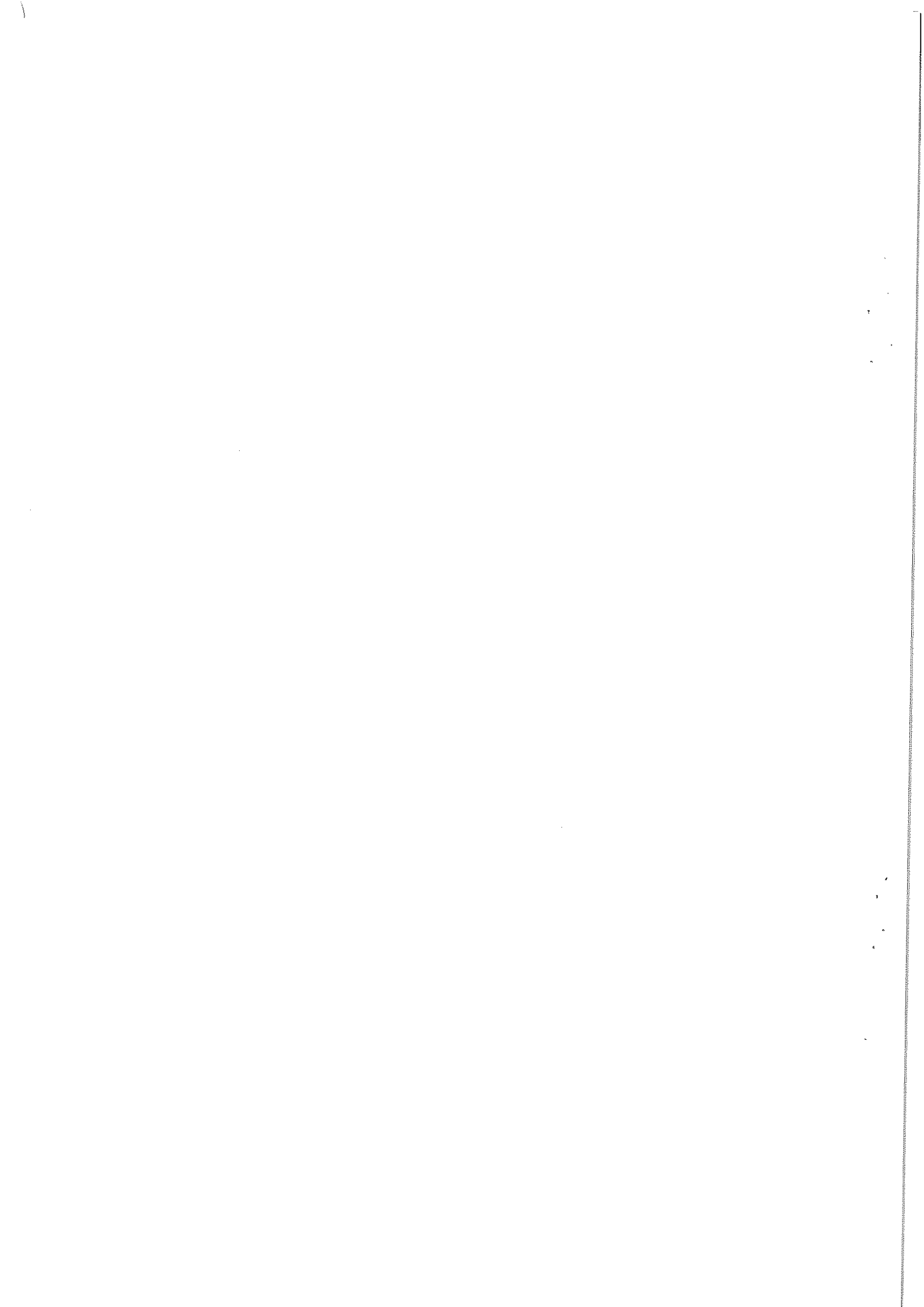
SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)

CHOOSE 04 OUT OF 06 QUESTIONS GIVEN BELOW AND ANSWER ON THE PROVIDED SPACES.

1. a) Describe the four verbal communication techniques used in counseling (10 marks):

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- b) Write a reflection for the following statement (05 marks)

"I feel like I am all alone in the world. My husband does not understand me. I wish he realized that I cannot bear all this stress by my-self".



2. A red and yellow colour walled room carries a painting of ships sailing during stormy weather. There is bright white lighting and rock and roll (turbulent) music playing in the background. There is a sharp smell of disinfectant in the air. Two chairs made of plastic are kept side by side.

a) Critically evaluate the suitability of the above described environment as a potential counselling room. (10 marks)

b) What is meant by 'attending behaviour' in counselling? (5 marks)

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3. High self-awareness is a desired quality in a counselor. Corey (2009) lists other characteristics in an effective counselor. Describe three such characteristics (15 marks)

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4. Rogers claimed that we all are 'victims' of conditions of worth.

a) Briefly describe what he meant by this statement? (03 marks)

b) How does 'high external locus of evaluation' impact the actualizing tendency in an individual? Explain with an example. (12 marks)

5. Counselling psychologists contribute to organizational contexts in diverse ways including conducting individual and group therapy sessions.

a) Describe, with an example, a limitation to traditional ethical obligations between a counsellor and a client within an organizational context? (08marks)

b) Briefly describe two ethical obligations of a counseling psychologist under the theme of 'Privacy and Confidentiality'. (07 marks)

6. In Sri Lanka, it is estimated that 10% of the population is affected by mental health problems. Describe two psycho-social problems prevalent in Sri Lanka today (5 marks).

b) Describe an advantage and a disadvantage of engaging in a private practice as a counselling psychologist in Sri Lanka (10 marks).

-----END OF QUESTION PAPER-----

