

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY AND COUNSELING
ACADEMIC YEAR 2018/2019– SEMESTER II



BSC (HONS) PSYCHOLOGY
PLU3309 INTRODUCTION TO COUNSELING PSYCHOLOGY, LEVEL 3
CONTINUOUS ASSESSMENT TEST - NBT
DURATION: 1 HOUR

DATE: 13th JULY 2019

TIME: 11.00am-12.00noon

REGISTRATION NO:

IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of 10 pages with 02 sections
- **Section 1: 20 Multiple Choice Questions (40 Marks)**
- **Section 2: 12 Short Answer Questions (60 Marks)**
- Write your Registration Number in the space provided.
- Answer ALL questions.
- **Multiple Choice Questions (Section 1):** Indicate answers in the answer sheet provided by placing a cross (X) in INK in the relevant cage (answers in pencil will NOT be marked)
- **Short Answer Questions (Section 2):** Write answers within the space provided.
- Do NOT remove any page/part of this question paper from the examination hall.
- Do NOT keep unauthorized material, including mobile phones and other electronic equipment, with you during the examination.

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SECTION 1: MULTIPLE CHOICE QUESTIONS (20 QUESTIONS – 40 MARKS)

- 1.1 Vocational counselors' use of psychological tests in the 1900s marked the beginning of counseling as a professional movement. Which of the following psychological tests was used by them?
- a Alfred Binet's test of intelligence
 - b Raven's progressive matrices
 - c Wechsler intelligence scale for children
 - d Test of non-verbal intelligence
- 1.2 Which of the following statements describes a basic assumption of the humanistic approach?
- a Recognition of the client as a passive participant
 - b Concentration on parts of the client's experience
 - c Focusing on the client's past
 - d Recognition of the client's autonomy
- 1.3 At a time where many believed that mental health problems were caused due to demonic or natural forces, a school of thought proposed that psychological disorders were caused by unconscious psychological factors. Which of the following school of psychology proposed this?
- a Humanistic
 - b Psychoanalytic
 - c Existential
 - d Cognitive
- 1.4 According to Carl Rogers, which of the following conditions makes the client a passive participant within the counselling process?
- a Establishing a good rapport with the client
 - b Taking in to account individual differences
 - c Fitting the client in to a theoretical mould
 - d Learning about the client's experience

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- 1.5 Who authored the book 'choosing a vocation' leading to the allocation of teachers as counsellors in Boston schools and founded the Boson vocational bureau in 1908, which provided guidance for young people to make career decisions?
- a Frank Parsons
 - b John Dewey
 - c Clifford Beers
 - d John Darley
- 1.6 Which of the following qualities is demonstrated within an effective counsellor?
- a Being judgmental
 - b Self-awareness
 - c Shrewdness
 - d Sympathy
- 1.7 In 1908, a former student of Yale university published the book "A mind that found its self", that detailed the deplorable conditions within mental health institutions in USA. This publication led to the formation of the National Mental Health Association and the National Alliance for the Mentally Ill. Who was the author of this book?
- a Frank Parsons
 - b John Dewey
 - c Clifford Beers
 - d John Darley
- 1.8 According to Carl Rogers, those who have low internal locus of evaluation,
- a have confidence about the decisions they make.
 - b depend on them-selves to develop positive regard.
 - c place their worth based on the approval of others.
 - d have faith in their own judgment.
- 1.9 In the humanistic approach to counselling, who is considered as the best judge of a client's goals and experience?
- a The counsellor
 - b The client's family
 - c The counselling supervisor
 - d The client

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- 1.10 The first theory of counselling focused upon providing a counsellor-centred approach to facilitate teaching, mentoring and the development of skills for those who are unemployed. Which one of the following proposed this theory?
- a Clifford Beers
 - b Frank Parsons
 - c Sigmund Freud
 - d E.G. Williamson
- 1.11 According to the humanistic approach, which of the following is a characteristic of a fully functioning person?
- a Mindless living
 - b Living remorsefully
 - c Existential living
 - d Living without trust
- 1.12 Challenging the view of previous techniques, client-centred therapy shifted the focus from the counsellor to the client. Which one of the following proposed this therapy?
- a Sigmund Freud
 - b Carl Rogers
 - c E. G. Williamson
 - d Frank Parsons
- 1.13 In Rogerian philosophy, statements made by clients such as, “I don’t know the real me” highlighted the importance of which of the following concepts?
- a Concept of self
 - b Self-actualization
 - c Conditions of worth
 - d Locus of control
- 1.14 Training of counselling psychologists is usually a task undertaken by which of the following divisions?
- a Psychology departments at universities
 - b National mental health associations
 - c Private mental health related institutes
 - d National psychological associations

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- 1.15 Which of the following statements best describes 'Humanism'?
- a Humans are searching for the meaning of life
 - b Humans are weak and powerless
 - c Delves in to the darkness of humanity
 - d Humans have the potential to self-actualize
- 1.16 What is the minimum educational requirement to practice as a counselling psychologist?
- a Bachelor's Degree
 - b Post-graduate Diploma
 - c Higher National Diploma
 - d Doctorate
- 1.17 The first 'Befrienders International' Suicide crisis intervention centre in Sri Lanka is known as,
- a Mel Medura
 - b Shanthiham
 - c Sri Lanka Sumithrayo
 - d Shanthi Margam
- 1.18 Which of the following best describes a counselling psychologist?
- a A counselling psychologist is the same as a counsellor
 - b A counselling psychologist works within a multidisciplinary framework
 - c A counselling psychologist is concerned with psychopathology
 - d A counselling psychologist is qualified with a bachelor's degree
- 1.19 According to the American Psychological Association, a counselling psychologists' ability to provide services in emergencies fall under which of the following ethical themes?
- a Competencies
 - b Resolving ethical issues
 - c Human relations
 - d Research and publications
- 1.20 Which one of the following statements best describes both the fields of counselling and psychotherapy?
- a Counselling and psychotherapy are deep processes
 - b Counselling and psychotherapy tackle psychological disorders
 - c Counselling and psychotherapy have shared theories and concepts
 - d Counselling and psychotherapy are branches of psychiatry

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ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
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SECTION 2: SHORT ANSWER QUESTIONS (12 QUESTIONS – 60 MARKS)

WRITE ANSWERS ONLY WITHIN THE SPACE PROVIDED.

2.1 Clients seek counselling services in different settings. Briefly describe three such settings. (6 marks)

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2.2 Environmental Psychology reveals that the environment of an individual can have an effect on his or her behaviour. Briefly describe five physical characteristics you would consider when designing a counselling setting. (10 marks)

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2.3 As a prospective counsellor, briefly describe two aspects of the counsellors' attire that you would pay attention to. (6 marks)

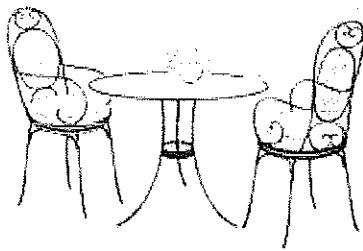
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2.4 Briefly describe with the reasons as to how you would set up the seating arrangement for the counsellor and the client in a counselling setting. (5 marks)

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2.5 List two reasons why this set up is inappropriate for a counselling set up. (5 marks)



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2.6 Briefly describe three qualities that are important for the counselling environment to convey to the client. (6 marks)

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The core conditions are attitudes that a counsellor would possess and display in order for the client to feel accepted. Complete the following table.

2.7 Name the three conditions (3 marks)	2.8 Briefly describe the three conditions (6 marks)	2.9 Briefly describe a method by which the counselor can achieve this condition. (3 marks)
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2.10 Maggie is a 35- year-old woman whose husband has left her for another woman. The following is an excerpt from her counselling session.

Maggie looked down at the floor and spoke through her tears, “My husband left me for another woman six months ago and I just don’t seem to be able to get on with my life”. The counsellor responded with a paraphrase reflection of feeling “You sound devastated by the loss of your marriage Maggie.”

Identify the core condition the counsellor is displaying here. (2 marks)

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2.11 Briefly describe two characteristics of a fully functioning person. (4 marks)

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2.12 Rogers believed that a primary purpose of counselling is to help an individual develop the tendency to self-actualize. Briefly describe the two other attributes that a therapist should focus upon developing within the counselling process. (4 marks)

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