

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
2020/2021 – SEMESTER II—FINAL EXAMINATION



BSC (HONS) IN PSYCHOLOGY
PLU3309 – INTRODUCTION TO COUNSELING PSYCHOLOGY- LEVEL 03
FINAL EXAMINATION PAPER
DURATION: 02 HOURS

DATE: 23RD SEPTEMBER 2022

TIME: 9.30AM – 11.30 AM

INDEX NO:

SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)

Choose 04 out of the 06 questions given below and answer using the provided answer sheets

2.1 a) Describe the three core conditions of counselling with a relevant example? (3 x 5 = 15 marks).

2.2 a) Describe two verbal communication techniques. (2 x 2.5 = 5 marks)

b) Describe five non-verbal communication techniques. (2 x 5 = 10 marks)

2.3 a) Describe three methods to develop self-awareness? (2 x 3 = 6 marks)

b) Give an example each for conditional positive regard and unconditional positive regard? (2 x 2 = 4)

c) Describe the ideal counselling setting. (5 marks)

2.4 a) Why must counsellors be cross culturally competent? (7 marks)

b) Describe two personal characteristics of an effective counsellor? (2 x 4 = 8 marks)

2.5 a) Describe three common ethical guidelines in counselling. (3 x 3 = 9 marks)

b) Describe transference and countertransference in counselling. (3 x 2 = 6 marks)

2.6 Describe the three principles of ethical reasoning. (5 x 3 = 15 marks)

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

