

- d) What is ODD ? Discuss the role of teacher as a counselor for the students who are suffering from ODD. 3+4=7
- e) Discuss the johari window as a techniques for cuunselling. 7
- f) Discuss the ‘ABCDE’ Model of CBT. 7
3. Answer **any four** of the following in about 60 words each : 2×5=10
- a) What is Exposure therapy ?
- b) What is Postpartum Depression ?
- c) What is ‘phubbing’?
- d) Wha is Allodoxaphobia ?
- e) Mention the major components of Emotional intelligence?
- f) What is meant by paraphrasing of counselling ?
- g) What is CD ?

BACHELOR OF ARTS EXAMINATION, 2019

(2nd Year, 4th Semester)

EDUCATION

GUIDANCE AND COUNSELLING

Optional Course : BED 4.11

Time : Two hours

Full Marks : 30

1. Answer **any one** of the following : 12×1=12
- a) What is the major aims of a counselor ? Discuss the different elements of client-centric counselling. What are dos and don'ts of counselling ? 2+5+5=12
- b) What is OCD? What are the symptoms of OCD ? Discuss the role of teacher as a counselor for the students who are suffering from OCD. 2+3+7=12
2. Answer **any four** of the following in about 250 words each : 7×4=28
- a) Explain the role of teacher as a counselor for the students who are suffering from Anxiety related problems. 7
- b) What are the different types of strokes ? Mention the criteria for giving stock during teaching. 7
- c) What is mindfulness ? Why it is important for both teacher and student in the modern difital age? 3+4=7

[Turn over