

[2]

Ex/BED/4.11/2023

f) Explain the 'Johari Window' as a technique for counselling.

3. Answer any *five* of the following in about 60 words each:

5×2=10

- a) What is DSM-V?
- b) What is ODD?
- c) What is meant by CBT?
- d) What is EMDR?
- e) What is meant by 'phubbing'?
- f) Mention the two major characteristics of psychosis.
- g) What is 'atychiphobia'?

BACHELOR OF EDUCATION (B.ED.) EXAMINATION, 2023

(2nd Year, 3rd Semester)

COURSE: B.ED 4.11

[GUIDANCE AND COUNSELLING]

Time : Two hours

Full Marks : 50

1. Answer any *one* of the questions: 12×1=12

- a) What are the major aims of counselling? What are the Do's and Don'ts of counselling? Discuss, in brief, the quality of a good counsellor. 3+5+4
- b) What is OCD? What are its different types? Discuss the role of a teacher as a counsellor for students suffering from OCD. 3+5+4

2. Answer any *four* of the following in about 250 words:

7×4=28

- a) What is CD? Discuss the role of a teacher in this regard. 3+3
- b) Write a short note on ADHD.
- c) Explain the differences between myths and realities of suicide.
- d) Write a short note on 'mindfulness'.
- e) What are the different types of 'strokes'? Mention the criteria for giving 'strokes'. 3+3

[Turn over