

**Post Graduate Diploma in Guidance & Counseling  
ASSIGNMENTS- 2019-20**

**INSTRUCTIONS**

The student is required to read carefully and follow the instructions given below:

- Submission of one complete Assignment in each course of the programme every year is compulsory.
- Completed Assignments on prescribed Assignment booklets are to be submitted by hand or through post to the Learner Support Centre/Programme Coordinator, CDOL as per dates mentioned in the Academic Calendar 2019- 20 (<http://jmi.ac.in/bulletinboard/academic-calendar/cdol>).
- For Assignments Submitted after dates mentioned in the Academic Calendar, a late fee of **Rs. 100/-** per Assignment will be payable to CDOL through Demand Draft in favor of **Jamia Millia Islamia**, Payable at New Delhi.
- For Ex-Students who failed to submit Assignments during the course of the programme are required to submit **Rs. 200/-** per Assignment to CDOL in the form of Demand Draft in favor of Jamia Millia Islamia, Payable at New Delhi.
- Write your name, roll number and other details as required on the cover page of **Assignment Booklet**.
- **For your record you must keep a photocopy of your Assignment. In case your assignment is lost then your photocopy will taken as a proof for evaluation.**
- Contact your Learner Support Centre/ Programme Coordinator to collect evaluated assignments.
- **Please go through your Programme Guide carefully**

# Post Graduate Diploma in Guidance & Counseling

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Course Title: **Psychological Basis of Guidance & Counseling**  
Session:-2019-20

Course Code: GC-I  
Maximum Marks: 30

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**Note: - Attempt any three questions. All questions carry equal marks.**

1. Why is it important to resolve crisis of a particular stage to go to the next stage in Erickson's theory of psycho social development?
2. Adolescence is a period of storm and stress. Do you agree with this statement of Stanley Hall? Substantiate answer with suitable examples.
3. What is the difference between positive and negative reinforcement in operant condition? Discuss the application of operant conditioning in education field.
4. What, according to you, is the most important cause of frustration? Explain with suitable example.
5. Write short note on the following:
  - a. Emotional Intelligence & Emotional Quotient
  - b. Conflict and Frustration

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Course Title: **Essentials of Guidance and Counseling**  
Session:-2019-20

Course Code: GC-II  
Maximum Marks: 30

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**Note: - Attempt any three questions. All questions carry equal marks.**

1. Define Guidance and write its objectives. How does guidance differ from teaching and counseling?
2. Explain and differentiate between aptitude tests and achievement tests. Why do we need to have the aptitude tests?
3. Explain the statement "For overall development of a child elementary school guidance is mandatory."
4. What do you mean by inclusive education? Discuss the need and importance of inclusive education.
5. Write short note on the following:
  - a. Techniques of Counseling
  - b. Specific Objective of Guidance at different stages of school

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Course Title: **Mental Health & Adjustment**  
Session:-2019-20

Course Code: GC-III  
Maximum Marks: 30

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**Note: - Attempt any three questions. All questions carry equal marks.**

1. Can a long lasting pattern of deviant behavior be considered abnormal? Define the symptoms of abnormal behavior in detail.
2. Define stress and discuss different types of stressors. Explain different causes of stress.
3. Explain defense mechanisms and its types according to psychoanalytic approach. How the defense mechanisms are helpful in adjustments?
4. Discuss the different type of disability. Explain the psychological and educational classification of mental retardations.
5. Write short note on the following:
  - a. Psychopathology
  - b. Mood Disorders

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Course Title: **Carrier Development**  
Session:-2019-20

Course Code: GC-IV  
Maximum Marks: 30

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**Note: - Attempt any three questions. All questions carry equal marks.**

1. Explain the significance and application of matching approaches in career development.
2. Explain the nature, importance and types of career information.
3. Brief account of skills required for a counselor.
4. What is decision theory? Describe briefly the different approaches of 'decision' for a suitable career.
5. Write short note on the following:
  - a. Role of a counselor in a school and non-school setting.
  - b. Importance of a career guidance

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Course Title: **Assessment and Appraisals in Guidance & Counseling**  
Session:-2019-20

Course Code: GC- V  
Maximum Marks: 30

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**Note: - Attempt any three questions. All questions carry equal marks.**

1. What do you mean by bias? Explain the test Bias with special reference to guidance and counseling programme.
2. Explain the different features of Terman's Stanford-Binet Intelligence scale and Modern Binet Scales.
3. Define learning disabilities. What are the specific learning difficulties caused by processing deficit?
4. Define interest inventory in your own words .Discuss the significance of interest inventory for guidance workers.
5. Write short note on the following:
  - a. Differential Aptitude Test Battery.
  - b. Thematic Apperception Test

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Course Title: **Stress and Conflict Management**  
Session:-2019-20

Course Code: GC-VI  
Maximum Marks: 30

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**Note: - Attempt any three questions. All questions carry equal marks.**

1. Explain the concept of Conflict and discuss various sources of conflict. Highlight advantages and disadvantages of conflict occurring.
2. Distinguish between functional and dysfunctional conflict. How will you decide that particular conflict is functional or dysfunctional?
3. What do you understand by organizational conflict? Explain its various types and forms.
4. How organizations respond to bring down employee stress and make them better use in the organization? Elucidate
5. Write short note on the following:
  - a. Relaxation Technique
  - b. Negotiation and Mediation