

24MPSYH301

Reg No :

CHOICE BASED CREDIT SYSTEM

M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION NOVEMBER 2025

Advanced Skills in Counselling

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following : (6×2= 12 Marks)

- a). Mention two cultural factors that influence counselling.
- b). Name any two counselling therapies that focus on cognitions.
- c). What is meant by the term "client narrative"?
- d). Differentiate between reflection of feeling and reflection of meaning.
- e). Why is asking direct questions important in suicide assessment?
- f). What is neuroplasticity?
- g). Mention one way meaning contributes to resilience.
- h). Mention one similarity between multicultural counselling and feminist therapy.

II. Answer any TWO of the following : (2×8= 16 Marks)

1. Imagine a counselor is working with a client who often gets angry at supervisors. Which microskills could the counselor use to explore this issue effectively?
2. Apply the concept of psychoeducation to explain how a counsellor can help a client cope with anxiety.
3. Explain how a counsellor identifies key themes in a client's narrative.

III. Answer the following questions : (3×14= 42 Marks)

4. a) Compare the features of good listening and poor listening with suitable examples.
(OR)
b) Create a counselling plan for an adolescent experiencing family stress using the ABC-TF model. Show how different types of questions (what, how, could, would) can reveal antecedents, behaviours, consequences, thoughts, and feelings.
5. a) Discuss ethical and relational boundaries when using confrontation or challenge.
(OR)
b) Write in detail about Viktor Frankl's Logotherapy and its use in counselling.

6. a) Design a reflective self-assessment plan for style development.

(OR)

b) Design a model counselling session demonstrating intentional interviewing principles.

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M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION NOVEMBER 2025

Positive Psychology

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following : (6×2= 12 Marks)

- a). Relate Pandora's Box with Hope.
- b). Define Hedonic Happiness.
- c). What is common in all Mindfulness Meditations?
- d). Define Gratitude.
- e). Write any four major benefits of Positive Schooling.
- f). Define Altruism.
- g). All those who are religious are spiritual - comment.
- h). Write the goals of Positive Psychology.

II. Answer any TWO of the following : (2×8= 16 Marks)

- 1. Give an example of creating Flow in School Setting.
- 2. How to cultivate Positive Emotions?
- 3. What is Positive Relationship? Discuss its importance in everyday life.

III. Answer the following questions : (3×14= 42 Marks)

- 4. a) Critically examine the Broaden and Build Theory of Positive Emotions.

(OR)

- b) Discuss the meaning and measures of Happiness.

- 5. a) Define Mindfulness and discuss its Attributes.

(OR)

- b) Discuss the Theories of Love.

- 6. a) How do Positive Psychology Principles are applied in the Workplace?

(OR)

- b) Discuss the nature and scope of Positive Communities.

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M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION NOVEMBER 2025

School Psychology

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following : (6×2= 12 Marks)

- a). What is debriefing?
- b). Explain the purpose of using the Seguin Form Board Test in psychological assessment.
- c). Identify the negative outcome that results from an unsuccessful resolution of the crisis in the Autonomy vs. Shame and Doubt stage.
- d). Explain why IEP goals are written to be measurable.
- e). Differentiate between creative thinking and critical thinking.
- f). List any four roles of a School Psychologist.
- g). List three key components of effective classroom management.
- h). List any four non food substances eaten in Pica.

II. Answer any TWO of the following : (2×8= 16 Marks)

1. Explain the factors that can effect the child's learning process who has ADHD
2. Explain the difference between reliability and validity in psychometric testing.
3. Compare and contrast negative punishment and negative reinforcement with examples.

III. Answer the following questions : (3×14= 42 Marks)

4. a) The scope of school psychology requires collaboration with teachers and parents, evaluate the effectiveness of family - school collaboration.

(OR)

- b) Discuss the ethical and cultural challenges that may arise during the implementation of the functional behavioural assessment in diverse populations.

5. a) Critically discuss how Vygotsky's Sociocultural Theory explains the Importance of peer interaction in the cognitive development.

(OR)

b) Explain how are slow learners and people with learning disabilities different.

6. a) Evaluate the collaboration with mental health professionals contributing to promote mental wellness.

(OR)

b) Ausubel's theory heavily favors reception learning. Justify the statement.

CHOICE BASED CREDIT SYSTEM

M.A./ M.Com/ M.Sc. THIRD SEMESTER DEGREE EXAMINATION NOVEMBER 2025

Health Psychology

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following : (6×2= 12 Marks)

- a). Who contributed to the area of Psychosomatic Medicine?
- b). What is Wellness?
- c). Cite the focus of Maintenance Stage.
- d). What is Discriminative Stimulus?
- e). List the theories that highlight the origins of stress.
- f). What is Allostatic load?
- g). What are Appetite Supressing Drugs?
- h). What are Isokinetic Exercises?

II. Answer any TWO of the following : (2×8= 16 Marks)

1. Illustrate the classical research on the importance of Health Behaviours.
2. Write a note on types of Accidents.
- 3.. Describe the various Coping Styles.

III. Answer the following questions : (3×14= 42 Marks)

4. a) Elucidate the role of Psychoanalytic contribution to understand health.

(OR)

- b) Elucidate how emotions and instability of health behaviour can act as barriers to modifying poor health behaviours.

5. a) Elucidate Fight or Flight Theory of stress.

(OR)

- b) Elucidate the advantages and challenges of developing a Healthy Diet.

6. a) Illustrate with the diagram the three phases of Selye's GAS theory.

(OR)

- b) Critically evaluate how Biopsychosocial model rejected the views of Biomedical Model in understanding Health.

