DECEMBER 2024 **P/ID 28479/PPY4W**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each

1. What is adolescence?

2. How does childhood experience influence adolescence?

3. How does academic stress affect adolescents?

4. What are the social pressures adolescents often face?

5. What is the foundation of the proactive approach in counselling for adolescents?

6. What are micro-skills in counselling?

7. What are some techniques for encouraging adolescents to open up during counselling?

8. What role does empathy play in counselling adolescents?

9. How can metaphorical language be utilized in counselling sessions?

10. In what ways can storytelling be used as a therapeutic tool?

11. What are the key principles of behavioural therapy?

12. What is psycho-education?

PART B — ($5 \times 6 = 30$ marks)

Answer any FIVE questions in 250 words each.

13. What are some typical characteristics of adolescence?

14. How does family influence adolescence?

15. What are some common communication challenges when counselling adolescents?

16. What are some ethical considerations when counselling adolescents?

17. What are the benefits of a collaborative counselling relationship for both the counsellor and the adolescent?

18. How does self-monitoring contribute to the effectiveness of behavioural interventions?

19. What are some strategies for effectively communicating complex psychological concepts to clients?

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. What are some common mental health issues among adolescents?

21. What role does identity formation play in adolescent development?

22. What are some strategies for promoting positive changes in adolescents during counselling sessions?

23. Why is it important to maintain a collaborative relationship with adolescents during counselling? Discuss.

24. Discuss the role of psycho-education in destigmatizing mental health disorders.

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