MAY 2022 **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 counselling?

2. What is menarche?

3. What are self-destructive beliefs?

4. Define rating scales.

5. What are nonverbal strategies?

6. Why is rapport building important?

7. What are externalizing questions?

8. Write a note on eating disorders in adolescence.

9. Mention some of the risk factors for suicide.

10. What are adverse childhood experiences?

11. What is a paradoxical intervention?

12. Mention different ways of giving feedback.

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. What is adolescence?

14. Explain the development of mental health.

15. Write a note on young people environment.

16. What is proactive approach?

17. Write a note on behavioural counselling strategies.

18. Discuss the dynamics of a collaborative relationship in counselling.

19. Analyse the functions of cognitive behavioural counselling strategies.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Describe the challenges for young people?

21. Discuss micro-skills used in adolescent counselling.

22. Elaborate on promoting changes in adolescence.

23. Describe the significance of creative counselling strategies.

24. Elucidate the functions of symbolic strategies.

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