MAY 2025 **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. How do cultural norms influence adolescent behaviour?

2. How do peer relationships change during adolescence?

3. How does family influence adolescence?

4. How does technology impact adolescence?

5. What are some key steps in the proactive process for counselling adolescents?

6. What are some useful micro-skills for counselling adolescents?

7. How does the proactive approach differ from reactive counselling?

8. How can counsellors address issues of confidentiality with adolescent clients?

9. What are some examples of symbolic techniques used in counselling sessions?

10. What are some examples of creative exercises used to explore feelings in therapy?

11. What are the main principles of behavioural counselling strategies?

12. What is psychoeducation and why is it important in counselling?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. What are some common risk factors for adolescent mental health disorders?

14. How do adolescents develop autonomy and independence?

15. How do you adapt counselling techniques for different developmental stages of adolescence?

16. What are the potential consequences of ineffective communication with adolescents?

17. What are some common challenges faced when counselling adolescents?

18. What role can peer support play in psycho-educational settings?

19. What arc some limitations of cognitive behavioural strategies in therapy?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. What are some protective factors for adolescent mental health?

21. What are the effects of early childhood trauma on adolescent development?

22. What are the potential consequences of ineffective communication with adolescents?

23. Explain the importance of maintaining a collaborative relationship.

24. What are some resources used for psychoeducational purposes in counselling?

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