

University of Colombo – Sri Lanka
Faculty of Education
Bachelor of Education Part III- 2019/2020

First Semester
SC 408 - School Counseling
03 Hours

Please answer only five questions including the First one

- (1) i. Differentiate 'Guidance' and 'counselling'.
- ii. Briefly describe what is Parsonian Model.
- iii. What is 'Exam phobia' ?
- iv. Write with an example how a maladaptive behaviour occurs according to Joseph Wolpe.
- v. Write four personality characteristics should be in a school counsellor.
- vi. According to Ginsberg's career counselling theory briefly explain what is fantasy in career counselling process.
- vii. What is 'unconditional positive regard' ?
- viii. State what are the two ways of questioning can be used in a counselling session with two examples.
- ix. Write two physical factors to be considered when establishing a school counselling centre.
- x. Define what is 'paraphrasing'.

(2 x 10 = 20 marks)

- (2) i. Define counselling and explain with examples the difference between counselling and advising. (10 marks)
- ii. Briefly state the 'history' of counselling moments in Sri Lanka and discuss the importance of the school counselling service with examples. (10 marks)
- (3) i. Name the areas of counselling and explain them with examples. (10 marks)
- ii. Briefly explain four common ethics should be followed by a counsellor and discuss with examples how those ethics could be applied in to the school counselling service. (10 marks)
- (4) i. Explain with examples according to any theory of counselling, how a problem may occurs within a student counselee (10 marks)
- ii. Discuss with examples the dimensions of counselling forwarded by Morrill, Oetting and Hurst. (10 marks)
- (5) i. Explain with examples, four non-testing data collection methods to identify a problem of a student counselee. (10 marks)
- ii. Discuss the importance of systematically maintaining the student counselee's information in a school counselling centre. (10 marks)

- (6) i. State 'Attending skills' in counselling and explain with examples how they can apply to identify the problems of students as a professional teacher. (10 marks)
- ii. Explain how you can apply the career guidance theories you learned to solve the career problems faced by students. (10 marks)
- (7) i. Define 'Empathy' and explain its features. (10 marks)
- ii. State with examples, the forms of empathetic responses to identify and solve students' problems as the role of teacher as a counsellor. (10 marks)