

UNIVERSITY OF COLOMBO, SRI LANKA

FACULTY OF ARTS

THIRD YEAR EXAMINATION IN ARTS - SEMESTER I – 2021/2022

SOC 3159 – Basic Methods in Counselling

Time: Two (02) Hours

Answer three (03) questions only. Question 01 is compulsory.

Each question carries equal marks.

1. **Case study**

Anula is a teenager living in Galle. She uses her mobile phone for online classes and to communicate with her friends. She has become more and more withdrawn and hardly leaves her home. Her parents are worried that she does not meet anyone anymore and does not talk to them either. They decide to take her to a counsellor.

1.1 What are the key issues in the case? Explain.

1.2 If you were a counsellor, which counselling theory/theories studied in class would you apply for this client? Explain.

1.3 Describe how you would use these theories to address her issues.

2. How does counselling differ from other helping activities? Discuss with examples

3. Discuss three qualities that a counsellor should have, to be a good counsellor and explain with examples why these qualities are important.

4. Discuss with examples the differences between listening and active listening.

5. Define empathy and explain why it is important for a counsellor to be empathetic towards a client.

6. Explain with examples why communication skills are important to help build the relationship between the counsellor and the client.
