

## **One Year Diploma in Guidance and Counselling (OYDGC)**

### **Assignment Topics**

#### **Semester I**

#### **Subject - Fundamentals of Psychology**

1. What is Psychology? Describe the scope of Psychology.
2. What is Learning? Explain Classical and Instrumental Conditioning.
3. What is Motivation? Explain its Types in detail.

#### **Subject - Personality**

1. Define Personality. Explain various determinants of Personality.
2. Explain Freud's Psychodynamic Theory of Personality.
3. What are Projective Techniques? Explain TAT.

#### **Subject - Guidance and Counselling**

1. What is Guidance and Counselling? Give the difference between them.
2. What are the ethical considerations for counseling?
3. Explain crisis intervention in detail.

#### **Subject - Health Psychology**

1. What is Health? Explain any 2 modals of Health.
2. Describe any two problems pertaining during adulthood stage of life.
3. Explain CHD? Give its psychological causes and coping strategies.

#### **Subject - Case Study**

1. Give a descriptive and diagnostic case study on GAD?
2. Showcase a case study on Schizophrenia.
3. Showcase a case study on Intellectual Disability.

## **Semester II**

### **Subject - Psychological Testing**

1. What is psychological Testing? Give its Application
2. Explain Reliability and Validity as Psychometric properties of test.
3. Explain any two intelligence tests.

### **Subject - Psychotherapy**

1. Explain in detail ECT.
2. Write a note on REBT.
3. What is Family Therapy. Explain in Detail.

### **Subject - Case Report**

1. What is Mental Status Examination. Explain the process of MSE in detail.
2. Make a case report using PGI-BBD as assessment test.
3. Make a case report using NEO-FFI as assessment test.

### **Subject - Therapy Case Report**

1. Make a case report on CBT Therapy.
2. Make a case report on Mindfulness Therapy.
3. Make a case report on Career Counselling.