



1. Case Study:

(5 Marks)

A format for case presentation covering broad aspect is given below. It is suggested that the case be developed in a narrative format along the following points:

i) Introduction: A brief introduction of about one or two pages presenting the nature of the problem, its incidence, likely causes, and possible counseling outcomes.

ii) Identification: Name (may be fictitious)

Diagnosed problems.

Voluntary or Referral (i.e., by whom referred)

iii) Case history:

- A paragraph giving age, gender, school attended, class (grade) presently enrolled in etc.

- Information about socio-economic status consisting of information about mother's/father's education and occupation, family income, house type, number of members in the family- brothers, sisters and their birth order, adjustment in the family, etc.

- Information about physical health, physical characteristics (e.g. height and weight), any disability/illness (in the past and present), etc.

- Any professional help taken (past and present), giving a brief history of the problem, attitude towards counseling (indicating the motivation to seek help, etc.)

- Recording signs (i.e., what is observed in terms of facial expressions, mannerism etc.) and symptoms (i.e. what the subject reports, for e.g. fears, worry tension, sleeplessness, etc.)

iv) Concluding comments.

2. Assignment: Chapter:2

A. Question 1-10 carries 3 marks each.

B. Question 11-20 carries 4 marks each.

C. Questions 21-24 carries 6 marks each

Q1) Differentiate between:

a) Personal and social Identity

b) Self as a subject and an object

Q2) What are the various types of self? Explain with the help of examples.

Q3) “Reema is a 17 yrs old girl who is obese and is not able to have a control over her diet.” What tips would you give her to monitor her behavior for self control?

Q4) What are the variations that exist between the western and the Indian cultural perspective about self?

Q5) “Personality characterizes individuals as they appear in most circumstances”. Justify by explaining its characteristics in detail.

Q6) How does the Indian concept of Ayurveda classify people and their Personality?

Q7) “Ravi is a 25 yrs old youth who possesses high motivation, lacks patience, feels short of time & is always pressured by work”.

a) Which type of personality do you think Ravi is possessing?

b) What are the other types of personality that may exist?

c) Name the psychologists who have given these types of Personality.

Q8) How are traits different from types? Give examples.

Q9) Using Allport’s theory, Identify the various types of traits in the given situation. Explain them in detail.

“Supriya is a very warm and friendly girl who is often known as the FLORENCE NIGHTINGALE of the class. She is a very traditional girl who always prefers to wear Indian or ethnic clothes. She hates the western culture especially the trend of going to parties and discotheque.”

Q10) “According to Freud, structural elements of personality reside in the unconscious as forces and can be inferred from the way people behave” Justify

Q11) Explain the Psychosexual development theory given by Freud?

Q12) “Rahima is a 7 yrs old girl who lives in an orphanage. She is very clear with the abstract concepts like Religion, god, unity and oneness without anyone’s guidance or teaching.”

a) Which personality theory do you think relates to such experiences?

b) Name the psychologist who gave this theory.

c) Explain the theory and its concepts in detail.

Q13) Distinguish between the Source and surface traits given by Raymond Cattell? Give example of each trait.

Q14) Identify and define the Defense mechanisms given below:

a) A student having a strong desire to cheat in the exam is not able to do so because of the strong revolt by the conscious within. So he suspects that the other classmates might be cheating.

b) A boy who was reared to believe that sex is evil and dirty may become anxious every time sexual feelings surge to the surface. So in order to defend against the anxiety, he joined the groups against sex in media.

c) A tense father who had troubles in office gave a harsh beating to the child who was watching T.V. The father gave the excuse that he was acting for the child's good.

d) A weak student going for a movie just one day before the exams gives the excuse of "need to relax" to do the exam well.

Q15) "Psychodynamic theories have faced a lot of challenges and criticism from the Neo and Postfreudians". Explain the criticisms by picking up examples from the Freudian theory.

Q16) How is Horney's theory different from that of Freud's.

Q17) What are the common characteristics of Humanistic theories?

Q18) Differentiate between Oedipus and Electra complex?

Q19) How does Rosenweig's P-F study & draw –a – man test helps a psychologist to know more about the person.

Q20) Name any 4 disorders that can be diagnosed with the help of MMPI.

Q21) "A healthy person not only adjusts to the society but also has a quest to know oneself deeply". Explain in the context of Humanistic approach.

Q22) Varied types of Projective techniques have been developed for Personality testing but still they are similar in many ways”. Justify the statement.

Q23) Give a detailed description of the following tests:

- a) 16 P.F Questionnaire
- b) The Rorschach Inkblot test
- c) Sentence Completion Test

Q24) “A clinical psychologist wants to understand the client’s relationship with his family members and home visitors”.

- a) Which assessment technique would the psychologist use to gain more information about the client?
- b) Give reasons in support of your answers.