



**WEST BENGAL STATE UNIVERSITY**  
B.A./B.Sc. Honours 6th Semester Examination, 2022

**PSYACOR14T-PSYCHOLOGY (CC14)**

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.  
Candidates should answer in their own words and adhere to the word limit as practicable.*

1. Answer any **four** questions from the following: 5×4 = 20
- (a) State the differences between counselling and psychotherapy.
  - (b) What is Career Counselling?
  - (c) Write a short note on Yoga.
  - (d) What are micro and macro skills of counselling?
  - (e) What is mindfulness?
  - (f) Mention the steps of Career Counselling.
2. Answer any **two** questions from the following: 10×2 = 20
- (a) Give an overview of Yoga and meditation and highlight its importance in therapy. 5+5
  - (b) Write down the Ethics and Code of Conduct in counselling. 5+5
  - (c) What are the approaches of family counselling? 10
  - (d) What is art therapy? State the functions and characteristics of art therapy. 3+4+3

**N.B. :** *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

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