

Date:9-03-2022

Registration number:

ST. JOSEPH’S COLLEGE (AUTONOMOUS), BENGALURU-27

M.Sc. COUNSELLING PSYCHOLOGY - I SEMESTER

SEMESTER EXAMINATION: OCTOBER 2021

(Examination conducted in March 2022)

**PY 7521 - Current trends and strategies for effective living**

Time- 1 ½ hrs Max Marks-35

**One question from each section**

**Section A**

**10X1=10**

1. Mention the pros and cons of social media in relation to mental health. How can a mental health professional leverage on its pros in counselling setting?
2. What are non-communicable diseases? Give two detailed examples of how mental health and physical health are interdependent.

**Section B:**

**10X1=10**

1. Write a note on benefits of online counselling in Indian health care system.
2. List down ethical issues specific to online counselling and what measures can be taken to ensure best ethical practice.

**Section C:**

**15X1=15**

1. Explain the difference between trauma and stress. Write a detailed note on how you can use problem and emotional focused strategies in brief counselling setting.
2. A student who is coping with procrastinating and time management reaches out to you for counselling sessions. Reflect and answer following questions:
   1. What are the typical emotions they might be experiencing?
   2. What are the possible causes for procrastinating?
   3. List any 3 simple techniques that can be offered to them to help them reduce procrastinating.