FACULTY OF ARTS & SOCIAL SCIENCES

SYLLABUS

FOR

Diploma in Counselling

(Semester: I - II)

Examinations: 2019-20

GURU NANAK DEV UNIVERSITY
AMRITSAR

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Diploma in Counselling (Semester System)

**Scheme of Course**

### Semester I

<table>
<thead>
<tr>
<th>Paper</th>
<th>Subject</th>
<th>Marks</th>
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<tbody>
<tr>
<td>Paper-I</td>
<td>Introduction to Counseling</td>
<td>100 marks</td>
</tr>
<tr>
<td>Paper-II</td>
<td>Techniques of Appraisal for Counseling</td>
<td>100 marks</td>
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<td></td>
<td>Practical</td>
<td>50 Marks</td>
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### Semester II

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<thead>
<tr>
<th>Paper</th>
<th>Subject</th>
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<tr>
<td>Paper-I</td>
<td>Approaches to Counseling</td>
<td>100 marks</td>
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<tr>
<td>Paper-II</td>
<td>Counseling Applications</td>
<td>100 marks</td>
</tr>
<tr>
<td></td>
<td>Major Case Study</td>
<td>100 marks</td>
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Diploma in Counselling (Semester-I)

PAPER-I: INTRODUCTION TO COUNSELLING

Time: 3 Hours                            Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Counseling: Meaning, Purpose and Goals of Counseling with Special Reference to India, Historical Perspective, Functions of Counselor, Basic Principles of Counseling for School and Community Agencies

Section-B

Professional Issues: Education and Training of Counselor, Role and Functions of Counselors in school Settings, Vocational Schools and Higher Education

Section-C

Counseling Process: Stages, Building the Counseling relationship, In-depth exploration, action and Termination

Section-D

Professional, Ethical and Legal Issues of Counselors

Books Recommended:


Diploma in Counselling (Semester-I)

PAPER-II: TECHNIQUES OF APPRAISAL FOR COUNSELLING

Time: 3 Hours                   Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A
Non-Testing Techniques: Autobiography, Observation, Anecdotal Records, Cumulative Records, Case-Study, Interviews and Q-sort techniques

Section-B
Psychometric Properties of Tests: Reliability, Validity, Objectivity, Norms and Profiles

Section-C
Assessment of Personality: Projective & Non-Projective Techniques

Section-D
Assessment of Intelligence: Group and Individual Tests, Verbal and Non-verbal Tests, Speed and power Tests
Assessment of Aptitude and Interests

Books Recommended:


Diploma in Counselling (Semester-I)
PRACTICAL

Time: 3 Hours  Marks: 50

6 Practicals are to be conducted in the form of Case Studies, Psychological Testing and Report Writing.
Diploma in Counselling (Semester-II)

PAPER-I: APPROACHES TO COUNSELLING

Time: 3 Hours         Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Psychodynamic Approaches: Freudian & Neo Freudian

Section-B

Behavioural Approaches: Operant Conditioning, Behaviour Modification

Section-C

Humanistic Approaches: Existential, Client Centered

Section-D

Cognitive Approach: Rational Emotive

Indian Contribution: Yoga and Meditation

Books Recommended:

Diploma in Counselling (Semester-II)

PAPER-II: COUNSELLING APPLICATIONS

Time: 3 Hours         Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Child Counseling, Family Counseling (Marital and Adolescent Counseling)

Section-B

Counseling in Schools (Elementary, High and Secondary Schools), Career Counseling

Section-C

Counseling of Exceptional Groups (Delinquents, Alcohol and Drug Addicts)

Section-D

Crisis Intervention and Group Counseling

Books Recommended:

Diploma in Counselling (Semester-II)

MAJOR CASE STUDY/ PROJECT WORK

Marks: 100

Evaluation and Viva Voce Examination by External Subject Expert
(Evaluation of Case Study/ Project Report: 50 Marks;
Viva-Voce Examination: 50 Marks)