

**STUDENT ASSIGNMENTS
(SESSION 2018-19)**

INSTRUCTIONS

Indian Defence personnel enrolled for various programmes (under Distance Mode) at CDOL, Jamia Millia Islamia are advised to read carefully and follow the instructions given below:

- Submission of one complete Assignment in each course of the programme every year is compulsory.
- Completed Assignments on prescribed Assignment booklets are to be submitted by hand or through post to the Programme Coordinator, CDOL, Jamia Millia Islamia, New Delhi.
- For Assignments Submitted after date a late fee of **Rs. 100/-** per Assignment will be payable to CDOL through Demand Draft in favour of Jamia Millia Islamia, Payable at New Delhi.
- For Ex-Students who failed to submit Assignments during the course of the programme are required to submit **Rs. 200/-** per Assignment to CDOL in the form of Demand Draft in favour of Jamia Millia Islamia, Payable at New Delhi.
- Write your name, roll number and other details as required on the cover page of **Assignment Booklet**.
- **For your record you may keep a photocopy of your Assignment.**
- You may contact your Programme Coordinator at CDOL, Jamia Millia Islamia to collect evaluated Assignments.
- **Please go through your Programme Guide carefully for further details.**

**Post Graduate Diploma in Guidance and Counseling (PGDGC)
(For Indian Defense Personnel)**

**Course Title –Psychological basis of Guidance and Counseling
Session: 2018-19**

**Code: GC-I
Max. Marks: 30**

Note: Attempt any three questions. All questions carry equal marks.

1. Describe any two methods of psychology with their strengths and weaknesses.
2. Define emotion. What is emotional intelligence? Elaborate.
3. What is motivation? Describe in detail Maslow's need hierarchy theory of motivation.
4. What do you mean by learning? Discuss the types of learning disabilities among the children.
5. Write short note on the following:
 - a. Mental retardation.
 - b. Effective learning methods for better remembering.

**Course Title: Essentials of Guidance and Counseling
Session: 2018-19**

**Code: GC-II
Max Marks: 30**

Note: Attempt any three questions. All questions carry equal marks.

1. What do you understand by Group Dynamics? How can it be developed among children through teaching?
2. Discuss Inclusive Education. How do schools ensure inclusive education for Children with Special Needs?
3. Explain the concept of Guidance and Counseling. Discuss the role of Guidance and Counseling in enhancing classroom learning.
4. Describe the guidance activities necessary for secondary and senior secondary school.
5. Write short notes on the following:
 - a. Guidance for physically challenged.
 - b. Core skills in counseling.

**Course Title: Mental Health and Adjustment
Session: 2018-19**

**Code: GC-III
Max Marks: 30**

Note: Attempt any three questions. All questions carry equal marks.

1. Define mental hygiene. How does mental hygiene important for adjustment?
2. Write the principles of mental health, which help in adjustment with external world?
3. Define health compromising behaviors. How do health compromising behaviors are harmful for mental and physical health?
4. Define maladjustment. What are the types of stressor which trigger adjustment problems?
5. Write short notes one the following:
 - a. Rehabilitation.
 - b. Techniques of behavior modification.

Course Title: Carrier Development
Session: 2018-19

Code: GC-IV
Max Marks: 30

Note: Attempt any three questions. All questions carry equal marks.

1. Discuss the activities included in career guidance and counseling.
2. Discuss the need, techniques and importance of dissemination of career information.
3. What is vocational guidance? Discuss the importance of career guidance in high school.
4. What is socio-dynamic approach of career development? Discuss.
5. Write short notes on the following:
 - a. Career Resources
 - b. Goal of training in career information service

Course Title: Assessment and Appraisal in Guidance & Counseling
Session: 2018-19

Code: GC-V
Max. Marks: 30

Note: Attempt any three questions. All questions carry equal marks.

1. What is intelligence? Discuss the Spearman theory of intelligence with examples.
 2. Define psychological assessment. Classify psychological test and its uses.
 3. Discuss the procedure of standardization of a psychological test.
 4. Discuss the diagnostic and non-diagnostic of Rorschach Projective Test.
 5. Write short notes on the following:
 - a. Early Benet Scales
 - b. Eyesenck's Personality Questionnaire.
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