



**WEST BENGAL STATE UNIVERSITY**  
B.A./B.Sc. Honours 6th Semester Examination, 2021

**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.  
All symbols are of usual significance.*

1. Answer any **four** questions from the following: 5×4 = 20
- (a) Explain how active listening is an important part of psychotherapy.
  - (b) What do you mean by mindfulness?
  - (c) Write ~~a~~ short note on art therapy.
  - (d) What is yoga?
  - (e) What is family counselling?
  - (f) What do you mean by career counselling?
2. Answer any **two** questions from the following: 10×2 = 20
- (a) Define counselling. Elaborate the micro skills of counselling. 2+8
  - (b) Discuss the similarities and differences between counselling and psychotherapy. 10
  - (c) What is career counselling? Explain its importance of pursuing higher studies. 4+6
  - (d) Give an overview of expressive techniques like art, music, dance and highlight its importance in therapy. 10

**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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