

### EC3: Guidance and Counselling

#### Unit 1: Concepts in Guidance

a) Concept (Meaning and Characteristics), Principles, Functions, Need

b) Types of Guidance – Educational, Vocational & Personal

c) Agencies of Guidance – Home, School

#### Essay Questions (10 Marks)

1	Explain the concept and characteristics of guidance.
2	Explain the principles and functions of Guidance.
3	Explain the need for educational guidance at the secondary and higher secondary levels.
4	Explain the need for vocational guidance at the higher secondary level.
5	Explain any two types of guidance.
6	“The knowledge of guidance is essential for teachers of all sections.” Justify with reference to functions and the need for guidance.
7	“Educational guidance is vital at secondary level of education.” Justify with reference to the need for educational guidance at secondary level.
8	“Home and school play an important role as agencies of guidance.” Illustrate with reference to the importance of home and school in guidance.”
9	"Principles form the philosophical framework that anchors the entire guidance process." Justify with reference to the principles of guidance.
10	“Educational guidance and vocational guidance are two sides of the same coin.” Justify with reference to their concept and interrelated nature.

#### Short Notes (5 marks)

1	Any five characteristics of guidance
2	Meaning of Educational Guidance
3	Meaning of Vocational Guidance
4	Meaning of Personal Guidance
5	Home as an agency for guidance
6	School as an agency for guidance.
7	Need for educational guidance
8	Need for personal guidance

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9	Any five principles of guidance
10	Need for vocational guidance.

#### **Unit 2: Strategies and Devices for Guidance (Uses and Limitations)**

a) Strategies for Guidance - Individual and Group

b) Tests for Guidance – Aptitude, Interest & Personality

c) Non-Testing Devices – Case study, Interview & Checklist

#### **Essay Questions (10 marks)**

1	Explain the strategies for individual and group guidance.
2	Explain the need and importance of aptitude tests with relevant examples
3	Explain the advantages and disadvantages of interest inventories in guidance.
4	Explain the advantages and disadvantages of personality testing.
5	Explain any two non-testing devices used in the process of guidance.
6	“Tests in guidance provide useful insights about an individual.” Elaborate with reference to the uses of any two types of tests for guidance.
7	“Guidance is not a one-size-fits-all process.” Justify with reference to the different strategies used in individual and group guidance.
8	“A case study serves as a comprehensive, non-testing device that provides a holistic understanding of an individual's behavioural and developmental patterns.” Elaborate with reference to the use and advantages of using the case study method in guidance
9	"As a non-testing device, the interview serves as a dynamic, qualitative tool for holistic individual assessment." Justify with reference to different types of interviews.
10	“Interest inventories play a pivotal role in guiding individuals toward suitable career paths.” Justify with reference to the uses and examples of interest inventories in guidance.

#### **Short Notes (5 marks)**

1	Any two strategies for individual guidance
2	Any two strategies for group guidance
3	Need for tests in guidance
4	Meaning of aptitude tests
5	Any one common aptitude test

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6	Uses of the aptitude test
7	Limitations of aptitude tests
8	Use of Interest Inventory
9	Types of Interviews
10	Advantages of Interviews

#### Unit 3: Career Guidance

- a) Sources of Career information and Strategies of disseminating career information
- b) Ginsberg's Theory of Vocational Choice, Factors influencing Vocational Choice
- c) Concept and Factors affecting Job Satisfaction

#### Essay Questions (10 Marks)

1	Explain the sources of career information and strategies for dissemination of career information.
2	Explain Ginzberg's theory of vocational choice.
3	Explain the concept and factors affecting job satisfaction.
4	Elaborate the personal and factors controllable by management that lead to job satisfaction.
5	Elucidate the factors inherent in the job and factors controllable by management that impact job satisfaction.
6	"Ginzberg's theory of vocational choice helps us in better understanding of factors influencing vocational choices". Justify with reference to Ginzberg's theory of vocational choices.
7	"Career information is only as good as its source and the strategy used to deliver it." Justify with reference to the different major sources of career information.
8	"Career information remains useless unless it is properly disseminated." Justify with reference to the strategies for the dissemination of career information.
9	"Job satisfaction is determined by a complex interplay of personal and environmental factors." Justify with reference to the factors affecting job satisfaction.
10	"High job satisfaction fosters employee commitment and minimizes workplace challenges like absenteeism and turnover." Justify with reference to the concept and significance of job satisfaction.

#### Short Notes (5 marks)

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1	Secondary sources of career information
2	Primary sources of career information
3	Any 5 methods for the dissemination of career information
4	Realistic Choice Stage of Ginzberg's Theory of Vocational Choice
5	Personal factors impacting job satisfaction
6	Factors inherent in the job impacting job satisfaction
7	Factors controllable by management impacting job satisfaction
8	Fantasy stage of Ginzberg's Theory of Vocational Choice
9	Tentative choice stage of Ginzberg's Theory of Vocational Choice

#### Unit 4 : Concept of Counselling

a) Meaning and Characteristics of counselling

b) Types of counselling – Directive, Non-directive and Eclectic

c) Process of counselling ( Initial Disclosure, In-depth exploration and Commitment to action)

#### Essay Questions (10 Marks)

1	Elaborate the meaning and characteristics of counselling.
2	Explain the difference between guidance and counselling.
3	Illustrate the steps in directive counselling.
4	Explain the concept and role of a counsellor in non-directive counselling.
5	Explain the difference between directive and non-directive counselling.
6	Explain the Process of Counselling
7	“The need for direction from the counsellor is inversely proportional to the counselee's self-regulation.” Justify with reference to the steps in directive counselling
8	“The counselling process is not a one-time advice.” justify with respect to the process of counselling.
9	“Counselling is not a casual conversation, but a structured, goal-oriented process built on mutual trust.” Justify with reference to the concept and characteristics of counselling.
10	“No single counselling approach is perfect for every individual or situation.” Justify with reference to the different types of counselling.

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<b>Short Notes (5 marks)</b>	
1	Concept of counselling
2	Any five characteristics of counselling
3	Steps in Directive Counselling
4	Role of the counsellor in directive counselling
5	Role of the counsellor in non-directive Counselling
6	Initial disclosure stage of counselling
7	Commitment to action stage of counselling
8	Any 2 difference between directive and non-directive counselling
9	Any 5 differences between guidance and counselling
10	Concept of Eclectic Counselling

#### **Unit 5: Counselling and Intervention**

- Skills required for counselling (Rapport Building, Listening, Questioning & Responding)
- Approaches of counselling – Cognitive-Behavioural (Albert Ellis – REBT) & Humanistic (Person-Centred Counselling – Carl Rogers)
- Counselling for Adolescent Issues – Addiction (Substance abuse & technology) induced social networking and academic stress.

#### **Essay Questions (10 Marks)**

1	Elucidate the skills required by a counsellor for counselling.
2	Elaborate any two skills required for counselling.
3	Elucidate the meaning and procedure of the seminar method in teaching economics
4	Illustrate the importance of seminars and discussions as a method of teaching economics.
5	“Problem Solving develops critical thinking among students.” Justify with reference to the procedure of the problem-solving method of teaching economics.
6	“The survey method of teaching economics helps students gain a wider perspective of the subject.” Justify with reference to the procedure and advantages of the survey method.
7	“Survey method is the most useful in studying the economics trends in society.” Justify with reference to meaning and merits of survey method

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8	“Project method helps an economics teacher in integrating classroom experiences with real life.” Justify with reference to the procedure and importance of the method.
9	Elaborate the 5Es of Constructivism as an innovative trend in Economics teaching.
10	Illustrate the concept and merits of cooperative learning in the teaching of economics

#### Short Notes (5 marks)

1	Procedure of the survey method
2	Procedure of Think-Pair-Share
3	Procedure of the seminar method
4	Merits of cooperative learning
5	Merits of constructivism
6	Merits of the project method
7	Demerits of the lecture method
8	Demerits of the survey method
9	Demerits of cooperative learning
10	Concept of constructivism

#### Unit 6: The Economics Teacher

A) Qualities of an Economics teacher

b) Challenges faced by an Economics teacher

c) Professional Growth of an Economics Teacher: Need and Avenues of Continuous Professional Development

#### Essay Questions (10 Marks)

1	Explain the challenges faced by an economics teacher.
2	Elucidate the qualities of an economics teacher.
3	Elaborate the need and avenues of continuous professional development.
4	“The economics teacher encounters numerous challenges when meeting the evolving demands of economics education.” Justify with reference to the challenges faced by an economics teacher.
5	“A professionally updated economics teacher has enriched teaching

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	competency.” Justify with reference to the need and ways to attain professional growth.
6	“Teachers of economics ought to be sources of inspiration to their students.” Justify with reference to the essential qualities and responsibilities of an economics teacher.
7	“To effectively interpret a rapidly changing global economy, an economics teacher must commit to lifelong learning.” Justify with reference to the various avenues available for continuous professional development of an economics teacher.
8	“To foster critical thinking and economic literacy, a teacher must possess unique instructional and personal attributes.” Justify with reference to the qualities of an economics teacher.
9	Explain the concept and avenues of continuous professional development
10	Explain the need for continuous professional development for an economics teacher.

#### Short Notes (5 marks)

1	Qualities of an economics teacher
2	Avenues of continuous professional development of an economics teacher.
3	Challenges faced by an economics teacher
4	Need for continuous professional development