

**GURU JAMBHESHWAR UNIVERSITY OF SCIENCE & TECHNOLOGY, HISAR
CENTRE FOR DISTANCE AND ONLINE EDUCATION**

PROGRAMME: DIPLOMA IN GUIDANCE AND COUNSELING

(Session 2025-2026)

Total Marks: 30

Nomenclature: Basics of Psychology (15 x 2 = 30)

Code: DGC-01

Important Instructions:

- 1) Attempt all Questions each assignment given below
- 2) Each assignment carries 15 marks. 5 Marks per question.
- 3) All question are to be attempted in legible handwriting on plane white A-4 size paper and upload the scanned copy of the assignments on student's portal

Assignment 1 (5 x 3 = 15)

- Q1 Explain the nature and scope of psychology in detail.
- Q2 Describe Classical Conditioning as a method of learning. Explain its main principles with the help of Pavlov's experiment.
- Q.3 What is motivation? Explain the types and factors affecting motivation with suitable examples.

Assignment 2 (5 x 3 = 15)

- Q1. What is Perception? Explain its determinants.
- Q2. What is Memory? Give its Nature and Types.
- Q3. What is Emotion? Explain its physiological indicators and identification.

Nomenclature: Personality (15 x 2 = 30)

Code: DGC-02

Total Marks: 30

Important Instructions:

- 1) Attempt all Questions each assignment given below
- 2) Each assignment carries 15 marks. 5 Marks per question.
- 3) All question are to be attempted in legible handwriting on plane white A-4 size paper and upload the scanned copy of the assignments on student's portal

Assignment 1 (5 x 3 = 15)

1. Explain the nature of personality and its determinants in detail.
2. Discuss Rogers' theory of personality
3. Explain the Thematic Apperception Test (TAT) as a projective technique.

Assignment 2 (5 x 3 = 15)

1. Explain Psychoanalytical Perspective of Personality.
2. Explain Personality in the context of Albert Bandura.
3. What are Psychometric Tests? Explain 16 PF in detail.

Nomenclature: Health Psychology (15 x 2 = 30)

Code:- DGC-03

Total Marks: 30

Important Instructions:

- 1) Attempt all Questions each assignment given below
- 2) Each assignment carries 15 marks. 5 Marks per question.
- 3) All question are to be attempted in legible handwriting on plane white A-4 size paper and upload the scanned copy of the assignments on student's portal

Assignment 1 (5 x 3 = 15)

1. What is Health? Explain any 2 modals of Health.
2. Describe any two problems pertaining during adolescence stage of life.
3. Explain HIV/AIDS? Give its psychological causes and management strategies.

Assignment 2 (5 x 3 = 15)

1. What is Stress? Explain its types and coping strategies.
2. What are the Heath promoting and Health compromising Behavior?
3. What is Diabetes? Explain its Psychological etiology and management strategies.

Nomenclature: Guidance and Counseling (15 x 2 = 30)

Code:- DGC-04

Total Marks: 30

Important Instructions:

- 1) Attempt all Questions each assignment given below
- 2) Each assignment carries 15 marks. 5 Marks per question.
- 3) All question are to be attempted in legible handwriting on plane white A-4 size paper and upload the scanned copy of the assignments on student's portal

Assignment 1 (5 x 3 = 15)

1. What is Guidance and Counseling? What are the required characteristics for a good counselor.
2. What are the ethical considerations for counseling?
3. Explain Transference and Counter Transference in detail.

Assignment 2 (5 x 3 = 15)

1. What is Rapport? Explain its need and process.
2. What is Observation? Explain MSE in detail.
3. What are the features and utility of Marriage Counselling. Give a Case Study.

Nomenclature: Abnormal Psychology (15 x 2 = 30 marks)

Code:- DGC-05

Total Marks: 30

Important Instructions:

- 1) Attempt all Questions each assignment given below
- 2) Each assignment carries 15 marks. 5 Marks per question.
- 3) All question are to be attempted in legible handwriting on plane white A-4 size paper and upload the scanned copy of the assignments on student's portal

Assignment 1 (5 x 3 = 15)

1. What is PTSD? Explain its etiology and treatment strategies.
2. What are Sleep-wake Disorder? Explain its types and symptoms.
3. What is Intellectual Disability? Explain its etiology and management strategies.

Assignment 2 (5 x 3 = 15)

1. What is Depression? Give its types. Explain its Etiology in detail.
2. What are Eating Disorders? Give its Etiology and Treatment.
3. What is Phobia? Explain its management strategies in detail.