

Shimurali Sachinandan College of Education

Test Examination, 2026

Course: XI (1.4.11) Optional

Guidance & Counselling

Time: 1 1/2 Hours

Full Marks: 35

The figures in the right-hand margin indicate marks. Candidates are required to write answers in their own words as far as practicable

Group: A

Marks: 10

[Answer any Five of the following questions, each within 50 words]

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| 1. | 2×5=10 |
| (a) What do you mean by Non-Directive Counselling? | 2 |
| (b) What are the primary sources of data utilised in guidance and counselling practices? | 2 |
| (c) Write any two techniques to identify Maladjusted Behaviour of a student. | 2 |
| (d) What are the limitations of Observation method? | 2 |
| (e) Write any two differences between ARC and CRC. | 2 |
| (f) Provide any two examples of anti-social behaviour. | 2 |
| (g) Write any two symptoms of ADHD. | 2 |

Group: B

Marks: 15

[Answer any Three of the following questions, each within 150 words]

5×3=15

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| 2. Discuss the types of interviews which a counsellor can use. | 5 |
| 3. Why is Mental Health of a teacher significantly important? | 5 |
| 4. What is Phobia? How to address this issue? | 2+3 |
| 5. What are the major characteristics of a Standard Tool? | 5 |
| 6. What is schizophrenia? Discuss its symptoms. | 1+4 |

Group: C

Marks: 10

[Answer any One of the following questions within 300 words]

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|--|-------|
| 7. What is Guidance? Distinguish guidance from advice. Discuss the need of guidance and counselling in the secondary stage of education. | 2+2+6 |
| 8. What is IQ? Discuss, in brief, any one standard test to measure Intelligence. | 2+8 |