



MAHATMA GANDHI UNIVERSITY
DEPARTMENT OF LIFELONG LEARNING AND EXTENSION
MASTER OF ARTS IN COUNSELLING
Model question paper

1. In Freud's oral developmental stage, the pleasure is centred around the ____
 - A) Mouth
 - B) Genitals
 - C) Opposite sex
 - D) Faeces

2. Which of Erikson's Psychosocial stages characterises adolescence?
 - A) Industry vs inferiority
 - B) Intimacy vs isolation
 - C) Initiative vs guilt
 - D) Identity vs identity confusion

3. In the cephalocaudal principle, which of the following developments is likely to occur first in an infant?
 - A) The ability to sit up without support
 - B) The ability to hold objects with the hands
 - C) The ability to lift the head while lying on the stomach
 - D) The ability to stand with assistance

4. Which of the following is a characteristic of Erik Erikson's stage of Integrity vs. Despair in old age?
 - A) Seeking independence
 - B) Reflecting on life and finding meaning
 - C) Establishing intimate relationships
 - D) Exploring career options

5. Which of the following is NOT a common challenge faced by adolescents?
 - A) Body image issues
 - B) Identity confusion
 - C) Increased independence
 - D) Cognitive decline

6. Cooing in infants is primarily associated with:
 - A) Cognitive development
 - B) Language development
 - C) Physical development
 - D) Emotional regulation

7. What is separation anxiety?
 - A) Fear of social situations
 - B) Distress caused by being away from a primary caregiver
 - C) Inability to bond with others
 - D) Fear of unfamiliar environments

8. Which of the following is a common challenge for middle-aged adults?
- A) Separation anxiety
 - B) Empty nest syndrome
 - C) Identity diffusion
 - D) Ego-centrism
9. Which of the following is a common behavioural problem in late childhood?
- A) Autism
 - B) Conduct disorder
 - C) Egocentrism
 - D) Language regression
10. The term 'menopause' refers to:
- A) The onset of adolescence
 - B) The cessation of menstruation and the end of reproductive capability
 - C) A period of hormonal imbalance in early adulthood
 - D) A stage of excessive fertility in late adulthood
11. A mental grouping of similar objects, events, ideas, or people is a (an)
- A) Algorithm
 - B) Prototype
 - C) Heuristic
 - D) Concept
12. Wernicke's area is typically located in the left _____ lobe
- A) Parietal
 - B) Occipital
 - C) Temporal
 - D) Frontal
13. Which part of the neuron receives electrical signals from other neurons?
- A) Axon
 - B) Soma
 - C) Dendrites
 - D) Myelin Sheath
19. The smallest distinctive sound unit of language is a _____
- A) Prototype
 - B) Suffix
 - C) Morpheme
 - D) Phoneme
20. While reading a book, you notice a page with missing letters or partial words. You can still understand the text. Which principle best explains this?
- A) Proximity
 - B) Closure
 - C) Similarity
 - D) Figure-Ground

21. Which of the following problem solving strategies involves breaking down a complex problem into smaller, more manageable parts?
- A) Trial and Error
 - B) Means-ends analysis
 - C) Heuristic
 - D) Insight
22. Which of the following is an example of a variable-ratio schedule of reinforcement?
- A) A teacher gives a reward after every 5th correct answer from a student.
 - B) A slot machine in a casino rewards players after a random number of pulls.
 - C) A child receives a sticker after completing each chore.
 - D) A person gets a paycheck every two weeks.
23. Which of the following scenarios best illustrates retro-active interference in forgetting?
- A) Anna forgets events from her life that occurred in the few years before the crash but can still remember childhood memories.
 - B) Tom struggles to recall the name of his childhood friend because of his recent interactions with a new colleague named Sam.
 - C) John can't remember his new address due to forgetting his old one.
 - D) Sarah forgets her old phone number because she has recently learned her new one.
24. A _____ is a memory aid that uses a pattern, phrase, or acronym (e.g., "ROYGBIV" for colors of the rainbow) to help improve recall.
- A) Chunking
 - B) Heuristic
 - C) Mnemonic
 - D) Maintenance rehearsal
25. Which of the following best represents Thorndike's Law of Effect?
- A) Behaviors followed by pleasant consequences are more likely to be repeated.
 - B) Stimulus-response associations are formed only through reinforcement.
 - C) Observing others' behaviors leads to learning without direct reinforcement.
 - D) Reflexive behaviors are triggered by external stimuli.
26. Counselling is best defined as a:
- a) Problem-solving process
 - b) Directive approach to fixing problems
 - c) Collaborative process aimed at personal growth and problem resolution
 - d) Temporary emotional relief method
27. The relationship between the counselor and the client is most important because it:
- a) Ensures the counselor controls the session
 - b) Helps establish trust and facilitate effective communication
 - c) Allows the counselor to make decisions for the client
 - d) Prevents conflicts during sessions
28. First session reviews are conducted to:
- a) Reassess goals and build a stronger relationship
 - b) Solve all client problems
 - c) Avoid ethical dilemmas
 - d) Terminate the relationship quickly

29. What is NOT part of the counselling environment?
- a) Physical space
 - b) Respectful communication
 - c) Financial incentives
 - d) Privacy and confidentiality
30. Postmodern approaches in counselling emphasize:
- a) Solutions and collaboration
 - b) Diagnoses and treatment plans
 - c) Emotional dependency
 - d) Fixed outcomes
31. Brief counseling is characterized by:
- a) Addressing one or two specific goals in a limited timeframe
 - b) Exploring all underlying issues
 - c) Focusing only on emotions
 - d) Ignoring long-term benefits
32. A strong therapeutic alliance is based on:
- a) Trust and mutual respect
 - b) Strict rules
 - c) Sharing personal opinions
 - d) Short sessions
33. According to ethical principles, if a counselor suspects that a client is a danger to themselves or others, the counselor should:
- a) Respect the client's confidentiality at all costs
 - b) Discuss their concerns with the client and take necessary actions
 - c) Ignore the situation
 - d) Inform the police immediately without consulting the client
34. Which of the following is a common problem faced by beginning counselors?
- a) Overconfidence in their skills
 - b) Difficulty in setting boundaries with clients
 - c) Lack of interest in ethical issues
 - d) Excessive focus on confidentiality
35. In solution-focused counseling, the primary emphasis is on:
- a) Exploring the client's past
 - b) Identifying strengths and solutions rather than problems
 - c) Building long-term therapeutic relationships
 - d) Focusing on emotions
36. Which experiment is most associated with conformity?
- a) Sherif's robbers cave experiment
 - b) Asch's line experiment
 - c) Zimbardo's prison study
 - d) Bandura's Bobo doll study
37. The "foot-in-the-door" technique involves:
- a) Making a small request first to increase compliance with a larger request later
 - b) Starting with a large request to make a smaller one seem reasonable
 - c) Using authority to get someone to comply
 - d) Offering a reward for compliance

38. What is a cognitive schema?
- a) A mental shortcut for decision-making
 - b) A framework for organizing social information
 - c) A specific stereotype about others
 - d) A long-term memory of personal events
39. Which method of attitude change involves careful evaluation of arguments and evidence?
- a) Peripheral route
 - b) Central route
 - c) Heuristic processing
 - d) Compliance
40. The tendency to attribute one's successes to internal factors and failures to external factors is called:
- a) Self-serving bias
 - b) Fundamental attribution error
 - c) Actor-observer bias
 - d) Overconfidence bias
41. Which of the following is an example of normative social influence?
- a) Agreeing to a curfew because the law requires it
 - b) Dressing similarly to your friends to fit in
 - c) Helping someone because others are helping
 - d) Believing expert advice on a complex issue
42. What factor increases the likelihood of conformity?
- a) Large group size
 - b) Ambiguity of the task
 - c) Unanimity of the group
 - d) All of the above
43. In the original study by Rosenthal and Jacobson, what was the main finding?
- a) Students randomly labeled as high achievers performed better due to teachers' expectations.
 - b) Teachers with negative expectations improved student performance.
 - c) Group conformity had no effect on academic success.
 - d) Students' intelligence levels were unaffected by teacher expectations.
44. The Pygmalion Effect is most closely related to which concept in education?
- a) Teacher-student relationships
 - b) Self-fulfilling prophecy
 - c) Cognitive dissonance
 - d) Observational learning
45. What was a key finding from Milgram's experiment on obedience?
- a) Most people refuse to obey authority when it conflicts with their morals
 - b) People are likely to obey authority even when it involves harming others
 - c) Obedience decreases with smaller group sizes
 - d) Authority has little influence on behavior

46. Discrepancies between attitudes and behavior lead to:
 - a. Prejudice
 - b. Cognitive dissonance
 - c. The fundamental attribution error
 - d. Stereotyping
47. Persuasion is
 - a. The process by which a person manipulate others
 - b. The process by which a message induces a attitude change
 - c. The process by which a message evoke aggressive response
 - d. None of the above
48.refers to judgment of something or someone that is based on resemblance to that category
 - a. Availability heuristic
 - b. Representativeness Heuristic
 - c. The actor observer bias
 - d. The false consensus effect
49. The tendency to attribute others' behavior to internal factors rather than situational factors is known as
 - a. Fundamental attribution error
 - b. Self-serving bias
 - c. Actor-observer bias
 - d. Stereotyping
50.refers to the cognitive component of attitudes, and form the ground on which attitudes stands
 - a. Impression Formation
 - b. Beliefs
 - c. Values
 - d. Attribution
51. The self-fulfilling prophecy refers to;
 - a. The tendency to confirm our existing belief
 - b. The tendency to attribute others behaviors to external factors
 - c. A prediction that comes true at least in part as a result of a person's belief
 - d. The tendency to judge others based on physical attractiveness
52. Social perception is influenced by which of the following factors
 - a. Personal Characteristics
 - b. Social Context
 - c. Cultural Norms
 - d. All of the above
53. Educational psychology is concerned with
 - a. The learning process
 - b. The learner
 - c. Method of teaching
 - d. All of the above

54. Introspection as a method rejected by
- Functional School
 - Behaviourists
 - Psychoanalysts
 - Gestalt Psychologists
55. Schemas that function in the form of categories is called
- Stereotypes
 - Congruency
 - Prototypes
 - Prejudice
56. Which is not a characteristic of counselling/
- Environment Building
 - Opportunity for free expression
 - Counsellors involvement
 - Personal interview
57. A process of releasing negative emotions such as grief and anger, thereby relieving the adverse psychological impact of these emotions.
- Catharsis
 - Ventilation
 - Relieving
 - Repression
58. Which of the following are the symptoms of schizophrenia?
- Dizziness
 - Deafness
 - Hallucinations, delusion
 - All of the above
59. In India first psychological laboratory was established at
- Delhi University
 - Bombay University
 - Calcutta University
 - None of the above
60. The IQ range of people with moderate mental retardation is -
- 35 to 54
 - 10 to 19
 - 20 to 34
 - 55 to 70
61. Which of the following is another term for reinforcement
- Reward
 - Condition
 - Response
 - None of the above

62. Which of the following Greek philosopher believed that knowledge is acquired through learning and experience?
- a. Aristotle
 - b. Plato
 - c. Archimedes
 - d. None of the above
63. Which of the following is an example of a negative attitude towards people?
- a. Stereotype
 - b. Prototype
 - c. Prejudice
 - d. Discrimination
64. Where the word "Psychology" does come from
- a. Italian
 - b. Greek
 - c. Latin
 - d. None of the above
65. Which counselling technique focuses on helping individuals identify and change negative thought patterns to alleviate emotional distress
- a. DBT
 - b. ACT
 - c. MBSR
 - d. REBT