



EDU304

Final-Term (Solved)

ABSTRACT

This comprehensive collection of notes is accurately crafted to empower students to excel academically, ensuring they achieve a minimum of 80% marks in their examinations. The content is organized with clarity and precision, focusing on key concepts, critical analyses, and practical applications tailored to the syllabus. These notes serve as a reliable resource for both thorough preparation and last-minute revision. Designed to inspire confidence and mastery, this guide is an essential tool for students striving for academic excellence.

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**INTRODUCTION TO GUIDANCE AND
COUNSELLING**

EDU304_INTRODUCTION TO GUIDANCE AND COUNSELLING
Final-Term (Solved)

1. Define Consultant

A consultant is a professional who provides expert advice in a particular area such as education, mental health, career development, etc.

2. What is ODD (Oppositional Defiant Disorder)?

ODD is a behavioral disorder in children characterized by a pattern of angry, irritable mood, argumentative/defiant behavior, or vindictiveness toward authority figures.

3. Define ADHD abbreviation

ADHD stands for **Attention Deficit Hyperactivity Disorder**, a neurodevelopmental disorder characterized by inattention, impulsivity, and hyperactivity.

4. Define Conduct Disorder

Conduct Disorder involves persistent patterns of behavior in children or adolescents that violate the rights of others or societal norms, such as aggression, destruction, lying, or theft.

5. What is the need for counseling?

Counseling is needed to help students:

- Deal with emotional or behavioral issues
 - Adjust to challenges in school or home
 - Make informed decisions
 - Promote personal growth
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6. Who requires counseling?

- Students with emotional, behavioral, academic, or social issues
- Gifted or physically challenged students

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Final-Term (Solved)

- Those affected by trauma, family issues, or adjustment problems
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7. What are the types of follow-up services?

- Regular progress check-ins
 - Reinforcement sessions
 - Reassessment and modifications to the intervention plan
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8. Purpose of follow-up services?

To monitor progress, ensure the effectiveness of counseling, and make necessary adjustments to strategies or interventions.

9. What is countertransference and how can it be beneficial?

Countertransference is when a counselor transfers their own feelings onto the client. When recognized, it can improve empathy and understanding.

10. What is the role of parental education?

Parental education supports students' development by:

- Strengthening school-home relationships
 - Helping parents guide their children effectively
 - Promoting emotional and academic support
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11. What is meant by interval challenges?

This likely refers to developmental or transitional challenges students face at various intervals (e.g., adolescence, exam phases).

12. What is indiscipline and how can it be addressed?

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Final-Term (Solved)

Indiscipline refers to disruptive behavior. It can be addressed through:

- Guidance and counseling
 - Clear rules and expectations
 - Positive reinforcement
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13. Define bullying and its effects.

Bullying is repetitive aggressive behavior intended to hurt or intimidate. Its effects include anxiety, depression, low self-esteem, and poor academic performance.

14. What are social-emotional learning challenges?

They include:

- Poor emotional regulation
 - Low empathy or social awareness
 - Weak relationship skills
 - Difficulty in responsible decision-making
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15. Define SMART targets/objectives.

SMART = Specific, Measurable, Achievable, Relevant, Time-bound objectives.

16. Define layers of ability.

This may refer to varying student abilities across cognitive, emotional, and behavioral domains, requiring differentiated instruction.

17. What is the role of a counselor or guidance provider?

- Help students make educational and vocational decisions
- Support emotional development
- Resolve conflicts and personal issues

18. How is a counselor a facilitator?

A counselor facilitates growth by:

- Encouraging self-exploration
 - Supporting goal setting
 - Offering a safe, trusting environment
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19. Counselor as a teacher: explain.

Counselors teach:

- Life skills
 - Emotional regulation
 - Decision-making and problem-solving
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20. Vocational services: purpose and role.

They help students:

- Explore career options
 - Make informed choices
 - Develop necessary skills for employment
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21. Appraisal services: what are they?

These are services that assess students' abilities, interests, personality traits, and aptitudes for guidance purposes.

22. Why is it important for schools to encourage learning at home?

Because learning doesn't stop at school. For example, parental involvement in homework boosts academic performance.

23. How can teachers help counselors develop relationships between school and community?

By:

- Organizing community visits
 - Engaging parents in school activities
 - Referring students for community support services
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24. How is cooperation and flexibility important in schools?

These allow stakeholders to:

- Adjust to individual needs
 - Create inclusive learning environments
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25. How can teaching training improve counseling or guidance practices?

Training equips teachers to:

- Identify emotional and behavioral issues
 - Use counseling techniques in classrooms
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26. How can organizational theory help in understanding the challenges in guidance and counseling?

It explains how institutional structures, roles, and relationships affect the implementation and effectiveness of counseling programs.

27. What is organizational theory?

A framework for understanding how organizations function, make decisions, and respond to internal and external environments.

28. Institutional theory challenges and how it addresses them.

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Final-Term (Solved)

Challenges include rigidity, resistance to change, and lack of innovation. It addresses them by advocating alignment with cultural expectations and stakeholder norms.

29. Steps for formulating relevant school policies:

1. Identify needs
 2. Involve stakeholders
 3. Set clear objectives
 4. Develop draft policy
 5. Review and revise
 6. Implement
 7. Monitor and evaluate
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30. Three types of domains that need assessment:

1. Cognitive
 2. Affective (Emotional)
 3. Psychomotor (Skills-based)
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31. Interplay approaches that can be implemented in the classroom:

- Integrated cognitive-affective learning
 - Peer collaboration
 - Reflective activities
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32. How can a teacher build a positive relationship with students?

- Show empathy and respect
 - Listen actively
 - Encourage student voice
 - Maintain consistent communication
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33. Effective ways of communication in guidance and counseling:

- Active listening

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Final-Term (Solved)

- Empathy
 - Open-ended questioning
 - Nonverbal communication
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34. What is the difference between reliability and trustworthiness?

- **Reliability:** Consistency of results.
 - **Trustworthiness:** Believability and ethical integrity.
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35. According to cognitive behavioral theory, what causes maladjustment?

Irrational or inaccurate beliefs and cognitions cause maladjustment.

36. What does development of morality and learning rely on?

Cognition—thinking and reasoning ability.

37. Estimated heritable traits percentage

Approximately **50%** of personality traits are considered heritable.

38. How does solution-focused theory relate to social constructionism?

It's based on the idea that there are no fixed truths; reality is shaped by individuals' perceptions and dialogue.

39. What is the core principle in existential theory?

That people create meaning in their lives through choices and self-awareness.

40. What are the therapeutic goals of existential theory?

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Final-Term (Solved)

- Foster self-awareness
 - Encourage responsibility and freedom
 - Help clients find personal meaning in life
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41. Students with underdeveloped social-emotional skills are more likely to meet with failure.

True. These students struggle with stress, impulse control, and relationship-building, affecting academic and social success.

42. Steps in Problem Solving Therapy:

1. Identify the problem
2. Generate alternatives
3. Evaluate and choose solutions
4. Implement the solution
5. Evaluate the outcome

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