PERIYAR UNIVERSITY
SALEM - 636011

PERIYAR INSTITUTE OF DISTANCE EDUCATION (PRIDE)

PG DIPLOMA IN GUIDANCE AND COUNSELLING

REGULATIONS

Effective from the Academic year 2007-2008 and thereafter
PG DIPLOMA IN GUIDANCE AND COUNSELLING
REGULATIONS
Effective from the Academic year 2007-2008 and thereafter

1. CONDITION FOR ADMISSION

A candidate who has passed any degree of this University or any of the degree of any other University accepted by the syndicate as equivalent there to subject to such conditions as may be prescribed therefore shall be permitted to appear and quality for the Post Graduate Diploma in Guidance & Counselling (PGDGC) degree examination of this University after a course of study of ONE academic years.

2. DURATION OF THE COURSES

The course for the Post Graduate Diploma in Guidance & Counselling shall consist of one academic year.

3. ELIGIBILITY FOR THE P.G DIPLOMA

A candidate shall be eligible for the Post Graduate Diploma in Guidance & Counselling if he/she has satisfactorily undergone the prescribed course of study for a period of not less than one year and passed the examinations in all the papers.

4. COURSE OF STUDY

The course of study shall comprise instruction in books prescribed from time to time.

1. Foundations of Behaviour
2. Personality and Adjustment
3. Principles of Guidance and Counselling
4. Approaches to Counselling
5. Practical
5. EXAMINATIONS

The examination shall be three hours duration to each paper at the end of the year. The candidate failing in any subject(s) will be permitted to appear for each failed subject(s) in the subsequent examination. Practical examination will be conducted at the end of the year.

6. SCHEME OF EXAMINATIONS

The scheme of examinations shall be as follows:

<table>
<thead>
<tr>
<th>Title of the Paper</th>
<th>Exam Duration</th>
<th>Maximum Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Foundations of Behaviour</td>
<td>3</td>
<td>100</td>
</tr>
<tr>
<td>2. Personality and Adjustment</td>
<td>3</td>
<td>100</td>
</tr>
<tr>
<td>3. Principles of Guidance and Counselling</td>
<td>3</td>
<td>100</td>
</tr>
<tr>
<td>4. Approaches to Counselling</td>
<td>3</td>
<td>100</td>
</tr>
<tr>
<td>5. Practical</td>
<td>3</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total marks</strong></td>
<td><strong>500</strong></td>
<td></td>
</tr>
</tbody>
</table>

7. QUESTION PAPER PATTERN

a. For Theory

Time : 3 Hours

Max. Marks : 100

PART – A  5 X 8 = 40

(Answer any five questions one of 8 questions)

One question should be in each unit and remaining 3 questions should be spread over in all five units.

Maximum 2 questions from each unit should be taken.

PART – B  3 X 20 = 60

(Answer any three question one of 5 questions)

One question should be in each unit.
b. For Practical

Time : 3 Hours  
Max. Marks : 100
One experiment and one case study

Distribution of marks for practical

<table>
<thead>
<tr>
<th>Activity</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Record notebook</td>
<td>20</td>
</tr>
<tr>
<td>For writing Plan &amp; Procedure in the answer book</td>
<td>15</td>
</tr>
<tr>
<td>Actual conduction of the experiment</td>
<td>15</td>
</tr>
<tr>
<td>Discussion &amp; Conclusion</td>
<td>15</td>
</tr>
<tr>
<td>Viva-Voce</td>
<td>15</td>
</tr>
<tr>
<td>Case study</td>
<td>20</td>
</tr>
</tbody>
</table>

8. PASSING MINIMUM

A Candidate shall be declared to have passed the examination in a theory/practical of study only if he/she scores not less than 50 marks out of 100 in the University Examination.

9. CLASSIFICATION OF SUCCESSFUL CANDIDATES

Candidates who secure not less than 60% of the aggregate marks in the whole examination shall be declared to have passed the examination in First Class. All other successful candidates shall be declared to have passed in Second Class. Candidates who obtain 75% of the marks in the aggregate shall be deemed to have passed the examinations in First Class with Distinction provided they pass all the examinations prescribed for the course at the first appearance.
PAPER I FOUNDATIONS OF BEHAVIOUR

Objectives
On completion of the course, trainee counsellor would
- develop basic understanding about the behaviour.
- understand the scientific orientation of psychology.
- appreciate the contribution of psychologists for understanding the human nature, learning, motivation and emotion.
- identify the problems in children and adolescents on the basis of their individual differences.
- gain insight into the various characteristics behaviour.

UNIT I

1. Introduction to Psychology

2. Psychology in a Diverse world

UNIT II

3. Sensation

4. Perception
UNIT III

5. Learning

6. Memory

UNIT IV

7. Cognition

8. Intelligence

UNIT V

9. Motivation

10. Emotion
Text Books:

Reference Books
PAPER II PERSONALITY AND ADJUSTMENT

Objectives
On completion of the course, trainee counsellor would

- develop basic understanding of human adjustment in the Indian context.
- understand life span development and bio-psycho-social factors influencing adjustment process.
- promote development and nurturance of psycho-social competencies in school children.
- identify mental health problems in children and adolescents and the role of family, school and community.
- identify and understand the adjustment problems of exceptional children in schools.

UNIT I

1. Adjusting to Modern Life
The search for direction - The Psychology of Adjustment - The Scientific Approach to Behaviour - The Roots of Happiness: An Empirical Analysis

2. Stress and coping
The nature of Stress – Major types of Stress - Responding to Stress - The potential effects of Stress-Factors influencing Stress Tolerance-The nature of constructive coping: Appraisal focused constructive coping - Problem focused constructive coping - Emotion focused constructive coping.

UNIT II

3. Theories of Personality - I
4. Theories of Personality - II


UNIT III

5. The self


6. Social thinking, Social Influences and Communication


UNIT IV

7. Friendship and Love


8. Marriage and Intimate Relationships

Challenges to the traditional model of marriage-Moving toward marriage-Marital adjustment across the family life cycle-Vulnerable areas in marital adjustment – Divorce-Alternatives to marriage-Understanding the intimate violence.
UNIT V

9. Gender and Behaviour


10. Physical and Mental Health

Stress, personality and illness – Habits, life styles and health – Reactions to illness – Understanding the effects of drugs. Mental health: Factors contributing to the promotion of mental health – Mental illness: Causes, Consequences and Protection.

Text Books


Reference Books

PAPER III PRINCIPLES OF GUIDANCE & COUNSELLING

Objectives
On completion of the course, the trainee counsellor would

- understand the meaning, nature, purpose and scope of counselling
- understand the various stages involved in the process of counselling
- understand the meaning, need and advantage of group counselling
- acquire knowledge of various types of counselling groups and group counselling models
- become acquainted with the roles, functions and qualities of an effective counsellor.

UNIT I
1. Guidance and Counselling

2. Areas of guidance and Counselling

UNIT II
3. The Guidance and Counselling Personal
4. Counselling Process


UNIT III
5. Role of Psychological Tests in Guidance and Counselling


6. Organizing guidance and counselling at Schools and Colleges


UNIT IV
7. Group Counselling


8. Career Counselling and Career Interventions

Career psychology: A diversity of approaches – Career Interventions: Schools and Colleges – Career education – Career decision making – The work place – work and leisure
UNIT V

9. Marital, Family and Sex Counselling


10. Culture Diversity and Cross – Cultural Counselling

Preliminary definitions – Barriers and biases - Illustrative stereotypes in the treatment of clients – Matching counselor and client – Bi-culturality and racial identity – Achieving competence in cross-cultural counselling – Ethical and legal issues.

Text Books


Reference Books

PAPER IV APPROACHES TO COUNSELLING

Objectives
On completion of the course, the trainee counsellor would

• become familiar with the various approaches, procedures and techniques of counselling
• understand the meaning, need and advantage of group counselling
• become familiar with the process of different counselling techniques and the role of counsellor
• understand the various therapeutic factors that prevail in counselling situations.
• understand the emerging areas/concerns and understand the role of the counsellor in the handling of related cases.

UNIT I
1. Freudian Approach

2. Adlerian Approach

UNIT II
3. Existential Approach
   Introduction – Key concepts – Therapeutic process – Therapeutic strategies and techniques: Recognizing one’s expert status – Willing to change – Willing to take responsibilities – Find meaning in their life – Improving relationships with others – Recognize one’s own importance in the society – Summary and evaluation.
4. Person–Centered Therapy


UNIT III

5. Gestalt Approach


6. Reality Therapy


UNIT IV

7. Behaviour Therapy


8. Cognitive Behavior Therapy

UNIT V

9. Feminist Therapy


10. Family systems therapy


Text Books


Reference Books

**PAPER V PRACTICAL**

The candidate shall perform at least ten tests (practical) from the following and two compulsory case studies.

**Assessment of**
- *Interest*
- *Ability*
- *Aptitude*
- *Motivation*
- *Intelligence*
- *Self-Esteem*
- *Self-Concept*
- *Assertiveness*
- *Adjustment*
- *Stress Coping Skills*
- *Irrational Beliefs*
- *Mental Health*
- *Decision Making*
- *Personality*
- *Two case studies (Compulsory)*

**Text Books:**