

Reg. No.:



Name:

University of Kerala

U9308

Second Semester FYUGP Degree Examination, April 2025

Multi-Disciplinary course

HOME SCIENCE

UK2MDCHSC100 - Mental Health and Adolescent Counselling

Academic Level: 100-199

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark Each.Answer all questions

Qn No.	Question	CL	CO
1	State any two goals of adolescent counselling	RE	1
2	A repeated, intentional act of aggression or intimidation by someone who has more power against someone with less power is called.....?	RE	3
3	Identify two major challenges faced by adolescents	UN	2
4	Explain what is mental health?	UN	1
5	Discuss the concept “cyber bullying”?	UN	4
6	Explain how peer groups influence adolescent identity formation.	UN	2

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Describe the importance of mental health?	UN	1
8	Difference between educational and career counselling.	UN	5
9	Discover the connection between physical health and mental well-being?	AP	1
10	Identify the personnel involved in adolescent counselling	AP	5

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer:7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	A) Elaborate the essential characteristics of an effective adolescent counselor? OR B) Illustrate how behaviour modification techniques can be used to address common adolescent issues	AP	5, 5
12	A) Explain the factors that influence identity formation in adolescents. OR B) Analyze different types of eating disorders and explain behavioural physical symptoms of each disorder?	AN	3, 1
13	A) Critically evaluate the needs and programs of community based mental health services? OR B) Evaluate the consequences of bullying and discuss supporting strategies for prevention and support?	EV	2, 3
14	A) Explain how national mental health policy influences adolescent mental health services and outcomes? OR B) You are conducting a role play session in a classroom setting and realize that the client has mental health issues. What advice or guidance would you intend to provide?	CR	5, 5