

According to Uniform Curriculum Structure for Two-Year BEd  
Programme in WEST BENGAL following NCTE Regulations.

4th সেমিস্টার

**BEd Scholar**

নির্দেশনা এবং পরামর্শদান

(GUIDANCE AND COUNSELLING)

SUGGESTIVE QUESTION-ANSWERS

FROM ALL CHAPTERS AND  
YEAR-WISE SOLVED PAPERS

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(Educational Research Development & Review Committee)



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Course-XI (1.4.11) Optional  
GUIDANCE AND COUNSELLING

Theory: 50 Engagement with the field: 25 ● Full Marks: 75

**Unit I: *Overview of Guidance and Counselling***

- Definition & Functions
- Nature & Scope of Guidance and Counselling
- Difference between Guidance & Counselling
- Types of guidance and counselling
- Career & Vocational guidance
- Quality of a good counsellor

**Unit II: *Mental Health***

- Concept
- Characteristics
- Role of home & School
- Mental health of a teacher

**Unit III: *Adjustment and Maladjustment***

- Concept
- Purpose
- Techniques
- Criteria of good adjustment
- Causes, Prevention & Remedies of Maladjustment
- Maladjusted behaviours—Truancy, Lying, Timidity, Stealing, Anxiety, Phobia, Hysteria, OCD, Depression, Suicidal tendency, Substance Abuse Disorder, Anti-social Behaviour.

**Unit IV: *Tools and Techniques***

- Concept of Testing & Non-testing tools
- Tests to measure—Personality, Attitude, Aptitude, Interest, Intelligence, Case study, Questionnaire, Opinionnaire, Interview, Observation, ARC and CRC.

**Unit V: *Abnormal Behaviour and Mental Illness***

- Meaning & Concept of normality and abnormality
- Casual factors of Abnormal Behaviour—Biological and Psychological.
- Classification of mental illness (DSM-IV)

**Engagement with Field/Practicum**

**Project on:** Maladjusted behaviour (any one; on the basis of case study)- Truancy, Lying, Timidity, Stealing, Anxiety, Phobia, Hysteria, OCD, Depression, Suicidal tendency, Substance Abuse Disorder, Anti-social Behaviour.

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