



St. Michael's College, Cherthala

Alappuzha, Kerala-688 539

**Affiliated to University of Kerala
and Re-accredited by NAAC with 'A' Grade**



ADD ON COURSE 2021-22

**Name of the Programme : INTERPERSONAL RELATIONSHIP
COUNSELING AND PSYCHOLOGICAL
GUIDANCE**

Name of the Department : ENGLISH

Course Code : EN 212



St. Michael's College

MAYITHARA P.O., CHERTHALA, ALAPPUZHA-688539

An institution with Minority Status Affiliated to the University of Kerala and
Re-accredited by NAAC with 'A' Grade

Add on Course - 2021-22

CHEMISTRY

Coir
Technology

COMMERCE

GST Filing &
Tally

ECONOMICS

Applied
Economics
Analysis

ENGLISH

Interpersonal
Relationship
Counseling and
Psychological
Guidance

PHYSICS

Observing
the sky with
Stellarium and
beyond

SOFTWARE DEVELOPMENT

Add on Course
in PHP

TOURISM STUDIES

Air Transport
Operations

ZOOLOGY

Brackish Water
Aquaculture
Methods and
Practices

ENGLISH

Certificate Course

Fundamentals of
Communication
and Soft Skills



Phone : 0478-2822387, 2810387

Email : michaelscherthala@gmail.com. Web : www.stmcc.in

NAME OF COURSE : INTERPERSONAL RELATIONSHIP COUNSELING AND
PSYCHOLOGICAL GUIDANCE

COURSE CODE : EN 212

NO OF STUDENTS ENROLLED : 51

CONTENTS

- SYLLABUS
- CLASS SCHEDULES
- ATTENDANCE STATEMENT
- QUESTION PAPER
- MARK LIST
- CERTIFICATE
- REPORT

Department of Psychology
St. Michael's College, Cherthala

Add-on Course Proposal

1. **Name of the Course and Offering Department:** Basic Course in Counseling Psychology, Department of Psychology
2. **Programme Objective:** This programme is intended to familiarize students with the concepts of basic psychological processes, systems and theories of psychology, concepts of psychological testing and various assessment techniques and the concepts of basic counseling Psychology and its applications.
3. **Admission Eligibility:** Candidates who are 18 years and above
4. **Nature of Programme:** Certificate Course
5. **Duration of Programme:** 300 Hours; 20 Credits
6. **Programme Fee:** Will primarily depend on the number of takers (As of now fixed at Rs. 300 per student)
7. **Attendance Rules:** 80% attendance mandatory for course completion
8. **Evaluation Process & Criteria:** Evaluation based on the criteria of CBCSS, Internal assessment + External assessment pattern (25%+75%) as per the guidance of CBCSS
9. **Course Structure:** *Course outline*

1) Part A - Theory - Fundamentals of Psychology and Counseling (12 Credits) 2) Part B - Practical - Psychological Testing (8 Credits)

Syllabus

Part A - Fundamentals of Psychology and Counseling (12 Credits)

Section A - Fundamentals of Psychology

60 Hrs 4 Credits *Objectives*

- To familiarize students with the concepts of basic psychological processes.
- To give a brief introduction to the systems and theories of psychology.

Module 1: Introduction

Psychology-Definition, Brief History of Psychology- Structuralism, Behaviorism, Gestalt psychology, Psychoanalysis, Cognitive approach.

Module 2: Consciousness

States of Mind, Nature of Consciousness, Altered states of consciousness

Module 3: Perception & Learning

Sensation and Perception, Perceptual Organization,

Perceptual Constancies, Space Perception.
Learning –Theories of Learning-Strategies for Effective Learning.

Module 4: Memory & Forgetting

Basic Concepts, measuring memory, Types of Memory, Mnemonics

Forgetting, Reasons of forgetting, Theories of forgetting

References

- 1) Carlson N.R(1987). Psychology, 2nd edn Allyn & Bacon Inc Boston
- 2) Baron, R. A. (2004). Psychology, 5th ed. New Delhi: Pearson Education.
- 3) Weiten, W.(2002). Psychology: themes and variation, 5th ed. New York: Brooks/Cole.

Section B: Fundamentals of Psychological Assessment

60 Hrs 4 Credits Objectives

- To acquaint students with various assessment techniques
- To familiarize students with the concepts of basic psychological testing.

Module 1: Methods of assessment

Observation, rating scales – checklists –interview schedules – other measures: anecdotal reports – Autobiography– group assessment techniques: Sociometry –
Case study preparation and report writing.

Module 2 Introduction to Psychological Tests

Concept and evolution – Principal characteristics of psychological tests – Purposes – Uses of Psychological tests Varieties of tests – Criteria of a Good Test –Reliability & Validity - Cautions for the use of Psychological tests.

Module 3 Intelligence Testing

Theories of intelligence - classification of intelligence tests - Individual & Group tests – Performance tests – Culture fair intelligence tests – Caution in the use of intelligence test scores – Aptitude Testing – differential aptitude test battery – Special aptitude tests

Module 4: Personality

Theories of personality –Psychoanalysis, Adler’s theory, Cattell’s theory Roger’s theory Testing –Techniques of testing Personality Situational Tests –Projective techniques Interest Testing –Interest inventories and preference records

References

- 1).Gregory ,R.J.(2005). Psychological testing(4th ed.)New Delhi: Pearson education Pvt Ltd.
- 2) Anastasi .A.&urbina, S. (2004). Psychological Testing(7th Ed.) New Delhi: Pearson education Pvt Ltd.
- 3) Woodworth,R.S.&Scholsberg(1972). Experimental Psychology. Holt, Rinehart & Winston.

Section C: Basics of Counseling Psychology

60 Hrs 4 Credits *Objectives*

- To familiarize students with the concepts of basic counseling psychology.
- To expose the student to the different factors of application of counseling

Module 1: Mental Health:

Factors that contribute to mental health - Importance of mental health – Mental health Model: Prevention, Primary, Secondary and tertiary - Characteristics of mentally healthy person

Module 2: Introduction to Counseling

Definition – Development and goals- preparation –Characteristics of Counselor- counseling process: Steps – different phases.

Module 3: The Counseling Relationship

Good relationship, the interview – types, structuring the relationship, setting & room arrangement, general tips on the initial interview, counseling process, techniques for building & enhancing the working relationships

Module 4: Approaches to Counseling:

Directive, Non-directive, Psychoanalytic,

Humanistic, , Eclectic approach

References

- 1).Rao,S.N. (1981).Counseling Psychology. New Delhi: Tata Mc Graw Hill Publisher.
- 2) Patterson, L. E. & Welfel, E. R. (2000).The Counseling Process (5th ed.) Belmont: Wodsworth /Thomson Learning

3) Gelso, C.J., & Fretz, B.R. (1995). *Counseling Psychology*. Bangalore: Prism Books Pvt

Part B Psychological Testing

120 Hrs (8 Credits) Objectives

- To familiarize students with psychological instruments.
- To develop the skills of psychological testing and

scientific reporting. 1. Rosenberg's Self Esteem scale

2. Rotter's Locus of Control scale

3. Family Interaction Scale.

4. Achievement Values and Anxiety Inventory.

5. Dysfunctional Attitude Scale

6. Bell's Adjustment scale.

7. Emotional intelligence scale.

8. IAS rating scale.

9. Level of Aspiration.

10. Knowledge of Results.

11. Standard progressive matrices

12. Mathew test of mental ability.

13. Eysenk's personality Questionnaire.

Note: the students will have to complete the 10 paper pencil tests and record and submit for evaluation in the phase of the programme.

10. Expected Outcome: The students will develop basic knowledge of psychological processes and theories, an understanding of the concepts of psychological assessment techniques and concepts of counseling psychology along with skill development in psychological testing .

Add-On Cell

St.Michael's College, Cherthala

Class Schedule Format 2021-22

Department: English			Course: Guidance Counselling and Psychology of Interpersonal Relationships		
Sl No	Date	Day	Time	Name of Teacher	Class Room No
1	9/22/2021	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
2	9/24/2021	Friday	3.30 - 4.30	Ms. Zita Francis	B30
3	9/27/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
4	9/29/2021	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
5	10/1/2021	Friday	3.30 - 4.30	Ms. Zita Francis	B30
6	10/4/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
7	10/6/2021	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
8	10/8/2021	Friday	3.30 - 4.30	Ms. Zita Francis	B30
9	10/11/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
10	10/13/2021	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
11	10/18/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
12	10/20/2021	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
13	10/22/2021	Friday	3.30 - 4.30	Ms. Zita Francis	B30
14	10/25/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
15	10/27/2021	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
16	10/29/2021	Friday	3.30 - 4.30	Ms. Zita Francis	B30
17	11/1/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
18	11/3/2021	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
19	11/5/2021	Friday	3.30 - 4.30	Ms. Zita Francis	B30
20	11/15/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
21	11/17/2021	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30

22	12/6/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
23	12/10/2021	Friday	3.30 - 4.30	Ms. Zita Francis	B30
24	12/17/2021	Friday	3.30 - 4.30	Ms. Zita Francis	B30
25	12/20/2021	Monday	3.30 - 4.30	Ms. Zita Francis	B30
26	1/3/2022	Monday	3.30 - 4.30	Ms. Zita Francis	B30
27	1/7/2022	Friday	3.30 - 4.30	Ms. Zita Francis	B30
28	1/12/2022	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
29	1/19/2022	Wednesday	3.30 - 4.30	Ms. Zita Francis	B30
30	1/21/2022	Friday	3.30 - 4.30	Ms. Zita Francis	B30
Course Coordinator				Head of the Department	

Add-On Course (2021-22) Consolidated Attendance

Candidate Code	Name of Candidate	% of Attendance	Attained Required Attendance
13019136001	ADARSH AJAYAN	84.00	YES
13019136002	ADARSH MOHAN I M	79.00	YES
13019136003	AMRUTHA RAVEENDRAN	81.00	YES
13019136004	ANJITHA AJAYAN	89.00	YES
13019136005	ARSHA S	75.00	YES
13019136006	ARUNIMA.L	91.00	YES
13019136007	ASHITHA THERESA JOHN	75.00	YES
13019136008	ASHMIRA PRADEEP	75.00	YES
13019136009	BRINDA JESTINE	100.00	YES
13019136010	HAROLD SOLOMON	75.00	YES
13019136011	JOEL SABU	76.00	YES

13019136012	KEVIN K THOMAS	87.00	YES
13019136013	LAKSHMI PRIYA K V	75.00	YES
13019136014	RISHI MEKHALAL	78.00	YES
13019136015	AGNAS ALEX	83.00	YES
13019136016	AMINA .M.N	75.00	YES
13019136017	AMITH PIOUS	94.00	YES
13019136018	ANU JOSEPH	75.00	YES
13019136019	BINCY . K. A	85.00	YES
13019136020	BLESSY JACOB	89.00	YES
13019136021	CHRISTA ALOCIOUS	90.00	YES
13019136022	CHRISTY K JUSTIN	75.00	YES
13019136023	EMMANUEL ABHISHEK K M	93.00	YES
13019136024	EMMANUEL SHARON	75.00	YES
13019136025	HARIKRISHNAN .J	75.00	YES
13019136026	HEBIN JOSEPH	97.00	YES
13019136027	JAIDAN C P	75.00	YES
13019136028	JIYO MIRAN JACOB	81.00	YES
13019136029	JOEMON YESUDAS	87.00	YES
13019136030	LEO MATHEW	85.00	YES
13019136031	MARIA AGNES THOMAS	86.00	YES

* Certified that the forwarded CA marks and the attendance statements are the final and Original and no changes will be demanded once it is forwarded to the university.

Head of the Department

Principal

St. Michael's College, Cherthala

Add-on Course Examination March 2022

Discipline: Psychology

Course Title: Guidance, Counseling and Psychology of Interpersonal relationships

Time 01.00-hour

Maximum Marks 30

I. Answer ALL questions (Each question carries 1 mark)

1. Define Guidance.
2. Define counseling.
3. Group counseling.
4. Eclectic counseling.
5. Non-directive counseling.
6. Define programmed learning.
7. Define vocational guidance.
8. Interpersonal groups.
9. Cognitive behavioral groups.
10. Psycho educational groups.

(10x1=10marks)

II. Answer any FIVE of the following questions (Each question carries 2 mark)

11. Explain directive counseling.
12. Principles of counseling.
13. Stages of counseling.
14. Counseling skills.
15. Types of counseling.
16. Characteristics of counselor.
17. Benefits of counseling.
18. Ethical principles in counseling.

(5x2=10 marks)

III. Answer any ONE of the following questions (Each question carries 10 mark)

19. Applications and nature of counseling.
20. Interpersonal communication

(10x1=10marks)

Add-On Cell

St.Michael's College, Cherthala

Mark List

Discipline : English

Course Title :Guidance, Counseling and Psychology of Interpersonal relationships

Maximum Marks: 30

Sl No	Candidate Code	Name of the Student	Mark Obtained
1	13019136001	ADARSH AJAYAN	14
2	13019136002	ADARSH MOHAN I M	15
3	13019136003	AMRUTHA RAVEENDRAN	25
4	13019136004	ANJITHA AJAYAN	20
5	13019136005	ARSHA S	21
6	13019136006	ARUNIMA.L	26
7	13019136007	ASHITHA THERESA JOHN	28
8	13019136008	ASHMIRA PRADEEP	27
9	13019136009	BRINDA JESTINE	23
10	13019136010	HAROLD SOLOMON	17
11	13019136011	JOEL SABU	13
12	13019136012	KEVIN K THOMAS	20
13	13019136013	LAKSHMI PRIYA K V	19
14	13019136014	RISHI MEKHALAL	14
15	13019136015	AGNAS ALEX	21
16	13019136016	AMINA .M.N	25
17	13019136017	AMITH PIOUS	26
18	13019136018	ANU JOSEPH	14
19	13019136019	BINCY . K. A	20
20	13019136020	BLESSY JACOB	28
21	13019136021	CHRISTA ALOCIOUS	14
22	13019136022	CHRISTY K JUSTIN	15
23	13019136023	EMMANUEL ABHISHEK K M	20
24	13019136024	EMMANUEL SHARON	13
25	13019136025	HARIKRISHNAN .J	23

26	13019136026	HEBIN JOSEPH	19
27	13019136027	J Aidan C P	19
28	13019136028	Jiyo Miran Jacob	15
29	13019136029	Joemon Yesudas	15
30	13019136030	Leo Mathew	27
31	13019136031	Maria Agnes Thomas	24
32	13019136032	Mary Teena Joseph	19
33	13019136033	Murari H	20
34	13019136034	Naveen C S	19
35	13019136035	Nooha Shameer	25
37	13019136036	Peter George	14
38	13019136037	Rijo A.J.	20
39	13019136038	Rony Roy	28
40	13019136039	Roshni J	20
41	13019136040	S Harisankar	23
42	13019136041	Sajith H	19
43	13019136042	Sandwana Jolly	20
44	13019136043	Shaun Saji	24
45	13019136044	Sibin Antony	18
46	13019136045	Sreemol R	26
47	13019136046	T.M.Joyal.	24
48	13019136047	Tesiya Robin	20
49	13019136048	Titus Albert K M	19
50	13019136049	Toney V John	15
51	13019136050	Vaishnav T M	14
Name and Dated Signature of the Course Coordinator		Name and Dated Signature of the HoD	



This is to certify that..... Miss. ARSHA S (13019136005)
.....
B A English 2019 Admission.....*has completed*
Certificate/Add-on course in **Interpersonal Relationship Counseling and**
Psychological Guidance (EN 212).....
..... *offered by the Department of English*
during the academic year 2021-2022. He/She is awarded with **A**..... *Grade.*

Head of the Department

Course Coordinator

Principal

Add on Course 2021-2

Guidance Counselling and Psychology of Interpersonal Relationships

Summary Report

The Department of English at St. Michael's College, Cherthala, organized an Add-on Course titled 'Guidance Counselling and Psychology of Interpersonal Relationships' during the academic year 2021-2022. This course was designed to enhance students' skills in effective communication, content creation, and public presentation. The 30 hours programme positively aimed to equip participants with valuable tools for success in various professional and personal settings.

Course Content: The curriculum focused on fundamental concepts and practical skills related to content writing, public speaking, and emceeing. Participants were exposed to the essentials of crafting engaging written content, developing effective public speaking skills, and mastering the

art of hosting events as emcees.

Duration and Schedule: The program spanned 30 hours and was conducted over the course of several weeks. Classes were held on Mondays, Wednesdays, and Fridays from 3:30 am to 4:30 pm, accommodating the busy schedules of the students.

Attendance and Assessment: A systematic attendance register was maintained to track participants' engagement with the course. The program concluded with a final assessment test, evaluating the students' understanding of the content and their ability to apply the acquired skills.

Outcomes: Certificates were issued to participants who successfully completed the course, recognizing their dedication and achievement. The course aimed to enhance not only the participants' professional capabilities but also their confidence in public communication and event hosting. The evaluation process revealed that a majority of the students in the batch actively participated in the final assessment and demonstrated proficiency in the subject matter.

The course was deemed rewarding, contributing positively to the linguistic and communicative skills of the participants. The course provided students with a valuable opportunity to develop essential communication skills, fostering both personal and professional growth. The successful completion of the program was acknowledged through the issuance of certificates, marking the participants' commitment to enhancing their capabilities in written communication, public speaking, and event hosting.




Principal
St. Michael's College
Cherthala