



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 2022-23

**Name of the Programme : GUIDANCE COUNSELLING &
PSYCHOLOGY OF INTERPERSONAL
RELATIONSHIPS**

Name of the Department : PSYCHOLOGY

Course Code : EN 283



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 - 2022-23

CHEMISTRY

Food Science and Quality Control

MANAGEMENT

Diploma in Port Operations and
Management (DPOM)

PSYCHOLOGY

Guidance Counseling and Psychology of
Interpersonal Relationships

SOFTWARE DEVELOPMENT

Python

ZOOLOGY

Techniques in Coastal Aquaculture

ENGLISH

(Certificate Course)

Basic Proficiency in English Language

COMMERCE

Certified Insurance Advisor and
Risk Analyst (CIARA)

ECONOMICS

Statistical Data Analysis
Using Software Packages

PHYSICS

Basics of C Programming

TOURISM STUDIES

Customer Service Skills

HISTORY

(Certificate Course)

Introduction to Indian Constitution

MALAYALAM

(Certificate Course)

Madhyama Malayalam



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NAME OF COURSE : Guidance Counselling &
Psychology of Interpersonal Relationships
COURSE CODE : EN 283
NO OF STUDENTS ENROLLED : 31

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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 .

Class Schedule Format 2022-2023					
DEPARTMENT:ENGLISH				COURSE:GUIDANCE,COUNSELING AND PSYCHOLOGY OF INTER PERSONAL RELATIONSHIPS	
Sl No	Date	Day	Time	Name of Teacher	Class Room No
1	12-09-2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
2	15/9/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
3	19/9/2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
4	22/9/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
5	26/9/2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
6	29/9/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B31
7	06-10-2022	Thursday	3:30 to 4:30 pm	Zita Francis	B31
8	10-10-2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
9	13/10/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
10	17/10/2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
11	20/10/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
12	27/10/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
13	31/10/2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
14	03-11-2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
15	07-11-2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
16	10-11-2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
17	14/11/2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
18	17/11/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
19	21/11/2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
20	24/11/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
21	28/11/2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
22	01-12-2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
23	05-12-2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
24	08-12-2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31

25	12-12-2022	Monday	3:30 to 4:30 pm	Zita Francis	B 31
26	15/12/2022	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
27	02-01-2023	Monday	3:30 to 4:30 pm	Zita Francis	B 31
28	05-012023	Thursday	3:30 to 4:30 pm	Zita Francis	B 31
29	09-01-2023	Monday	3:30 to 4:30 pm	Zita Francis	B 31
30	12-01-2023	Thursday	3:30 to 4:30 pm	Zita Francis	B 31

DEPARTMENT OF ENGLISH
St. Michael's College, Cherthala

Add-On Course (2021-22) Consolidated Attendance
Course Title: Guidance Counselling and Psychology of Interpersonal Relationships

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

St. Michael's College, Cherthala

Add-on Course Examination March 2023

Discipline: Psychology

Course Title: Guidance, Counseling and Psychology of Interpersonal relationships

Time 01.00-hour
30

Maximum Marks

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

1. Define counseling.
2. Directive 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 the nature of 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 of counseling.
- 20.Interpersonal communication.

(1x10=10 marks)

Mark List					
Discipline:Psychology					
Course Title:Guidance,Counseling and Psychology of inter personal relationships					
Date of Examination :		Maximum Marks: 30			
16/03/2023					
Sl No	Candidate Code	Name of the Student	Mark Obtained		
1	13020136001	Aleena Mary K T	16.5	55.00	D
2	13020136002	Aleena S	3.5	11.67	F
3	13020136004	Anupama Santhosh	6.5	21.67	F
4	13020136006	Astil Joseph	5.5	18.33	F
5	13020136007	Reema Rose A Y	0	0.00	F
6	13020136008	Sharon Tomy	10	33.33	F
7	13020136010	Abhay Varghese Ronald	1	3.33	F
8	13020136013	Adrin Jose	5	16.67	F
9	13020136014	Ajay Jackson	4	13.33	F
10	13020136015	Aleena Mariya O T	24	80.00	A

11	13020136016	Amal Raj S	3.5	11.67	F
12	13020136017	Anaina Antony	1	3.33	F
13	13020136018	Anjali George	0.5	1.67	F
14	13020136020	Archa Udayan	15	50.00	D
15	13020136021	Archana George	0.5	1.67	F
16	13020136022	Ashwin T Martin	2.5	8.33	F
17	13020136023	Aswin Raj P R	6	20.00	F
18	13020136024	Billy Christine Joseph	7.5	25.00	F
19	13020136025	Bono Mizhal	2.5	8.33	F
20	13020136026	Devikeerthana B	19	63.33	C
21	13020136027	Digna Ajith A A	7	23.33	F
22	13020136028	Gowri krishna R	5	16.67	F
23	13020136029	Jaison Jerald	1.5	5.00	F
24	13020136030	Janvy John	7	23.33	F
25	13020136031	Jayalakshmi K R	16.5	55.00	D
26	13020136033	Mereena Mathew	19	63.33	C
27	13020136039	Sherin Anna Thomas	25	83.33	A
28	13020136041	Soumya Sibi	7.5	25.00	F
29	13020136045	Vivek P Jose	5	16.67	F
30	13020136046	Yadukrishnan P Sasi	8	26.67	F
31	13020136035	Nirmal George	5.5	18.33	F



St. Michael's College, Cherthala
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Add-on / Certificate Course
Certificate of Merit

Aleena Mary K T

This is to certify that Mr./Ms. _____ of _____

BA English - 2020 Admission

has completed certificate/Add-on course on,-----

Guidance Counseling and Psychology of

Interpersonal Relationships

in the academic year 2022-2023.

He/She is awarded with a grade..... **D**

Head of the Department Co-ordinator Principal



St. Michael's College, Cherthala
 Mayithara P.O., Cherthala,
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Add-on / Certificate Course
Certificate of Merit

Aleena S

This is to certify that Mr./Ms. _____ of _____

BA English - 2020 Admission

has completed certificate/Add-on course on,-----

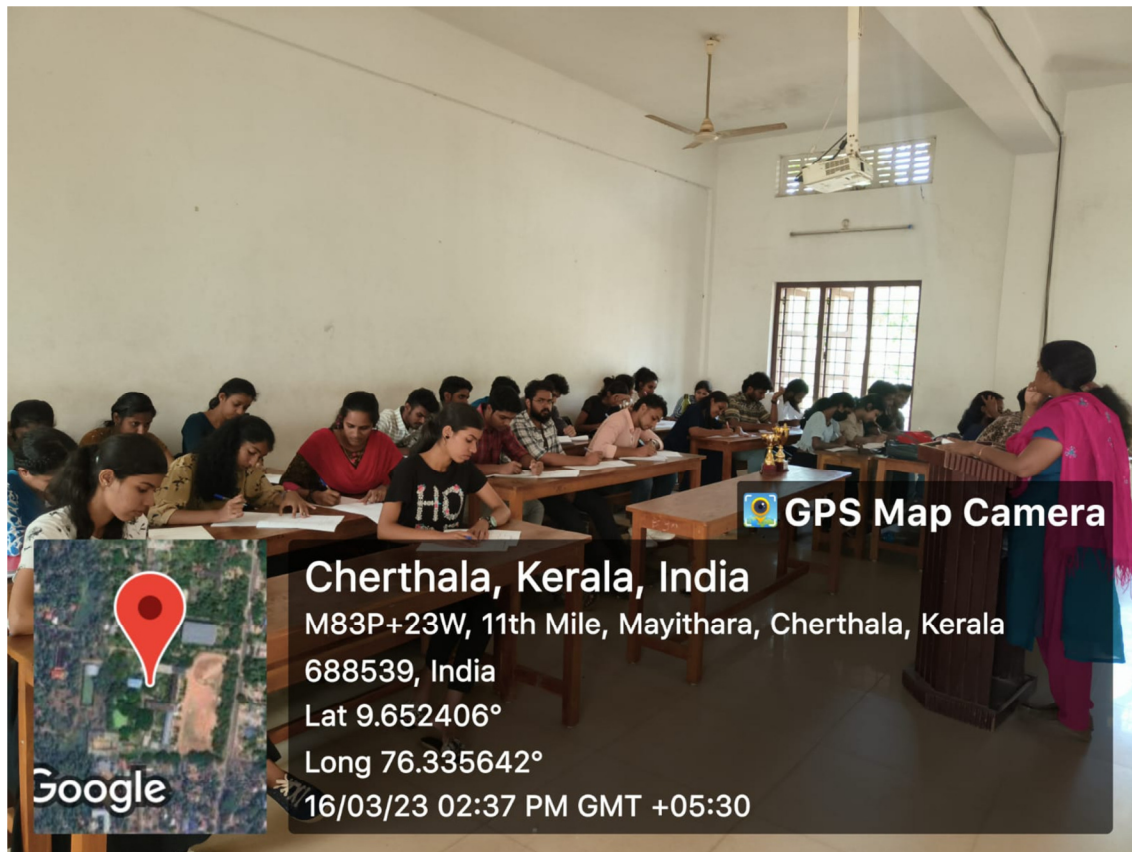
Guidance Counseling and Psychology of

Interpersonal Relationships

in the academic year 2022-2023.

He/She is awarded with a grade..... **F**

Head of the Department Co-ordinator Principal



The Core Department of English, in association with the complementary Dept. of Psychology, St. Michael's College conducted the Add-on Course for the 2022-2023 batch, using the fundamental concepts and rudiments of Counselling Psychology with extra focus on the betterment and efficacy of interpersonal relationships. Guidance counseling helps individuals explore and understand various career options. Counselors can provide valuable insights into different industries, job roles, and the skills required for success. Counseling sessions can address personal challenges, helping individuals develop resilience, coping strategies, and a positive mindset. This can contribute to overall personal development and well-being. Interpersonal relationships, on the other hand, Healthy interpersonal relationships offer emotional support during challenging times. Whether it's with friends, family, or colleagues, having a strong support network can help individuals navigate stress and difficulties. This is crucial in personal and professional settings, fostering better collaboration and understanding.

Forty students participated in the programme and the 30hrs programme was conducted from 8.30 am to 9.30 am on Mondays, Wednesdays and Fridays for six months between September 2022 and January 2023, and the major portions prescribed in the textbook were covered and revised within the stipulated time frame. Regular attendance register had been maintained and the final assessment test was conducted the end of the course. In the systematically carried out evaluation process, more than half of the students in the batch attended the test and qualified themselves in the exam. Certificates were issued and delivered towards the end of the course. The course provided to be quite rewarding when it came to the psychological and behavioural wellness of the students.



Shilly
Principal
St. Michael's College
Cherthala