



**Gyanmanjari**  
Innovative University

Course Syllabus  
Gyanmanjari Institute of Arts  
Semester-5(B.A)

**Subject:** Counseling Psychology - BATPY15316

**Type of course:** Major

**Prerequisite:** NA

**Rationale:**

This paper provides a comprehensive foundation for understanding counseling, covering its origins, growth, and present role, particularly in the Indian context. It explores the counseling process, interview techniques, use of psychological tools, and the importance of personality and mental health. The structure supports learners in developing theoretical knowledge and practical skills essential for effective counseling practice.

**Teaching and Examination Scheme:**

Teaching Scheme			Credits	Examination Marks			Total Marks
CI	T	P	C	SEE	CCE		
					MSE	ALA	
4	0	0	4	100	30	70	200

**Legends:** CI-Class Room Instructions; T – Tutorial; P - Practical; C – Credit; ESE-End Semester Examination; MSE- Mid Semester Examination; V – Viva; CA - Continuous Assessment; ALA- Active Learning Activities.

4 Credits \* 25 Marks = 100 Marks (each credit carries 25 Marks)

SEE 100 Marks will be converted in to 50 Marks

CCE 100 Marks will be converted in to 50 Marks

It is compulsory to pass in each individual component.



**Course Content:**

Unit	Course content	Hrs	% Weightage
1	<b>Counseling : Start and Growth</b> <ul style="list-style-type: none"> <li>• What is Counseling</li> <li>• Start of Consultation</li> <li>• Development of Counseling</li> <li>• Current status of Counseling</li> <li>• The Beginning and development of mentoring activities in India</li> <li>• Advice for college student in India</li> <li>• Barriers to the Development of advice or Counseling</li> </ul>	15	25
2	<b>Counseling Interview and Counseling Relationship</b> <ul style="list-style-type: none"> <li>• Counseling Interview and Advice</li> <li>• The Counseling Environment</li> <li>• The Initial Counseling interview</li> <li>• Methods of Counseling interview</li> <li>• The concept of a Counseling relationship</li> <li>• Therapeutic climate</li> </ul>	15	25
3	<b>Use of Information and Psychological Tests in Counseling</b> <ul style="list-style-type: none"> <li>• What kind of information does the advisor use?</li> <li>• Information retrieval tools and techniques</li> <li>• What is a psychological test?</li> <li>• Test task in counseling</li> <li>• Principles regarding the use of tests in counseling</li> <li>• Classification of tests</li> </ul>	15	25
4	<b>Personality, Maladjustment and Mental Health</b> <ul style="list-style-type: none"> <li>• Meaning of personality</li> <li>• Determinants of personality</li> <li>• Self concept</li> <li>• Concept of adjustment</li> <li>• Maladjustment</li> <li>• Mental health</li> </ul>	15	25





**Continuous Assessment:**

Sr. No	Active Learning Activities	Marks
1	<b>Report writing :</b> Students will visit the Psychological counselor and prepare a report on their professional life experience and upload in details on GMIU Web Portal.	10
2	<b>Showcase: Counseling in Psychology:</b> Students have to get information on how counseling works in any psychological illness and upload the video to the GMIU Web Portal.	10
3	<b>Roles of Educational Counselors:</b> Students have to collect information about the roles of counselors in schools or colleges and upload the information obtained in PPT form on GMIU Web Portal..	10
4	<b>Differentiating Helping Roles:</b> Students create a PDF explaining the difference between counseling and consultancy. Upload this PDF to the GMIU Web Portal.	10
5	<b>Create workbook:</b> Students have to create three activity workbooks for various topics which will be provided by faculty and upload a workbook on GMIU Web Portal. <b>Example:</b> School counseling, Marriage counseling, Career activities	10
6	<b>Growing Counseling Field:</b> Prepare an article on the current growing demand for counseling in psychology field and upload the details on the GMIU web portal,  <b>Note:</b> you can search through online mod articles research and websites.	10
7	<b>Attendance</b>	10
<b>Total</b>		<b>70</b>





**Suggested Specification table with Marks (Theory):**

Distribution of Theory Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage	30%	35 %	15%	10%	10%	-

**Note:** This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

**Course Outcome:**

After learning the course the students should be able to:	
CO1	Explain the historical development and current status of counseling in India.
CO2	Understand the importance of the counseling environment, and relationship in India.
CO3	Identify and describe the diverse types of information utilized by counselors in the counseling process.
CO4	Analyze the relationship between personality traits and adjustment.

**Instructional Method:**

The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by black board, may also use any of tools such as demonstration, role play, Quiz, brainstorming, MOOCs etc.

From the content 10% topics are suggested for flipped mode instruction.

Students will use supplementary resources such as online videos, NPTEL/SWAYAM videos, e-courses, Virtual Laboratory

The internal evaluation will be done on the basis of Active Learning Assignment

Practical/Viva examination will be conducted at the end of semester for evaluation of performance of students in laboratory.

**Reference Books:**

- [1] S. T. Patel: Salah manovigyan University Granth Nirman Board, Ahmedabad.2001
- [2] Aybackle, Duglad S. Counseling and introduction. Alby and bacon Inc. Boston. 1981.
- [3] Benard M.W Fuller D.W. Principles of Guidance 2nd edition Thomas Y. Growell Company. 1977.
- [4] Krumbolz John D. and Thoreson Carl E. Counseling methods. Holt Rincharge Winston.1976.
- [5] Narayan Rao Counseling Psychology. 3rd re-print Tata McGraw Hill Publication,New Delhi. 1989.
- [6] Richard Nelson-Jones: 'Basic Counseling Skills' Sage Publication India Pvt. Ltd. New Delhi.2009.

