

MPEC - 021 Counselling Psychology

June 2021 Exam



EXAM **FOCUS**

Disclaimer

Please note that all the suggestions and observations are based on the STATISTICAL analysis of the previous year question papers. So studying only books/blocks/units/points given in this booklet may be risky, as University can change the question paper pattern and questions at any time.

Further, all marking details and patterns related to respective exam and blocks are exhibited for respective subjects so that one can easily make decisions/assumptions and follow the same for the study.

Though important books/blocks/units/points are given in this booklet but it is strongly advisable to go through the entire content provided by the University.

MAPC Focus for June 21 Exam

As per Dr Vasant Kothari's Books

Release on 1st April 2021

On Demand it will be available from 5th March 2021

As per IGNOU's Books

Release on 1st June 2021

On Demand it will be available from 1st May 2021

**WhatsApp
on
7303827268**

**Please note that these are
MOST IMPORTANT TOPICS/UNITS**

and

NOT THE ONLY IMPORTANT Topics/Units

**Also, the Guesses are
not expected to be exact**

**We used our logic of analysis and you can
follow it at your discretion**

Kindly don't ask for any clarification regarding this document

Please use it as per your understanding

Thank you!!

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Telegram Channel



MAPC HELP

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Highest Marks	2 nd Highest Marks	3 rd Highest Marks	Lowest Mark
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Year and Month of Exam

4 Blocks of the subject.. Normally every subject is having 4 blocks or books

Year	Block 1	Block 2	Block 3	Block 4
June 15	10,3,3	10,6,6,3	10,10	6,6,6
	20%	32%	25%	23%
Dec 15	10,6,3,3	10,6	10,6,3	10,6,6
	28%	20%	24%	28%
June 16	6,6,3	10,10,10,6	6,3	10,6,3
	19%	46%	11%	24%
Dec 16	10	10,6,6,6,3	10,6	10,6,3,3
	13%	39%	20%	28%
June 17	10,6,3	10,6,6,3	10,6,3	10,6
	24%	32%	24%	20%
Dec 17	10,6,6,3,3	10,6	10,6,3	10,6
	36%	20%	24%	20%
June 18	10,6,6,3,3	10,6	10,6,3	10,6
	36%	20%	24%	20%
Dec 18	10,6,3	10,6,6,3	10,6,3	10,6
	24%	32%	24%	20%

Marks in the exam In new exam pattern...
 4 ques of 10 marks 5 ques of 6 marks
 & 3 ques of 3 marks ..are normally
 asked

Weightage of each Block
 in that respective exam

Past Performance

Important Chapters/Units

Success %							
Name of the Subject	Dec 17	June 18	Dec 18	June 19	Dec 19	June 20	Dec 20
Counselling Psychology	88%	88%	100%	100%	100%	76%	80%
Assessment In Counselling And Guidance	100%	91%	88%	100%	100%	88%	94%
Interventions In Counselling	88%	100%	100%	88%	100%	88%	88%

Past Performance

Important Topics

	Success %				
Name of the Subject	Dec 18	June 19	Dec 19	June 20	Dec 20
Counselling Psychology	100%	70%	100%	76%	96%
Assessment In Counselling And Guidance	92%	40%	82%	94%	100%
Interventions In Counselling	100%	88%	88%	100%	78%

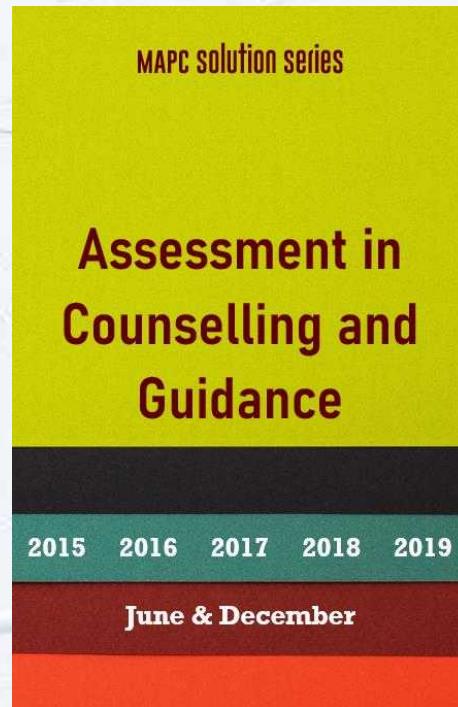
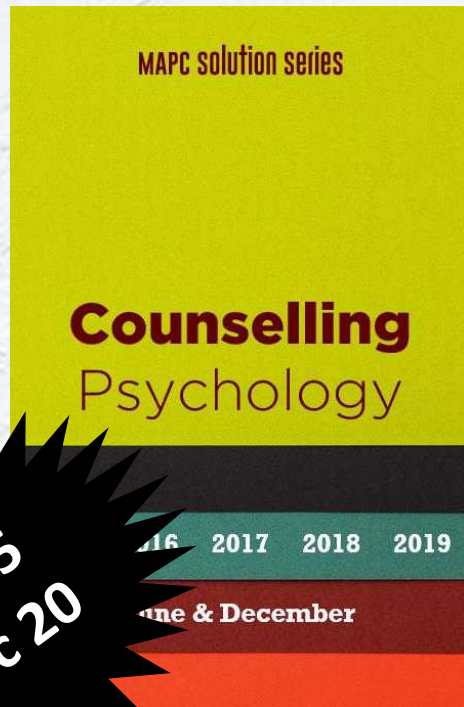
Question Repeats % in Exam

Question Repeats %					
Name of the Subject	Dec 18	June 19	Dec 19	June 20	Dec 20
Counselling Psychology	76%	100%	76%	100%	88%
Assessment In Counselling And Guidance	80%	82%	94%	88%	100%
Interventions In Counselling	94%	88%	100%	100%	100%



Delivery starts on
1st May 2021

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**Rs 125 per
Subject**

**June 15
to Dec 20**

E-book

MAPC **5 Years** Solved Question Papers

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SAMPLE DATA

Deeper Analysis shows priority of Units or Chapter of respective Blocks or books

1st Priority		2nd Priority		3rd Priority	
Block	Unit/Chapter	Block	Unit/Chapter	Block	Unit/Chapter
1	4	1	1,2	1	3
2	1,3	2	2	2	4
3	3	3	1	3	2,4
4	4	4	2,3	4	1
49% of Questions		35% of Questions		16% of Questions	
39 Marks		28 Marks		13 Marks	

Should not missed these Units at any cost to PASS the exam

Should not missed these Units at any cost to PASS the exam

Can study these Units for SCORING purpose only

Year	Block 1	Block 2	Block 3	Block 4
June 15	6,6,6,3,3	10,10,3	10,10,6	6
	30%	29%	33%	8%
Dec 15	10,6,6,3,3	10,6,3	6	10,10,6
	35%	24%	8%	33%
June 16	10,3,3	10,6,6	10,6,3	10,6,6
	20%	28%	24%	28%
Dec 16	10,10,6,3,3	10,6,3	6,6	10,6
	41%	24%	15%	20%
June 17	10,6	10,6,6,3	10,6,3,3	10,6
	20%	32%	28%	20%
Dec 17	6,6,3,3,3	10,10,6	10,6,6	10
	26%	33%	28%	12%
June 18	10,10,6,6,3	10,3	10,6	6,3
	52%	17%	20%	11%
Dec 18	10,6,6	10,10,6,6,3,3	6,3	10
	28%	48%	11%	13%
June 19	6,6	10,6,6,6,3,3	10	10,10,3
	15%	43%	10%	23%
Dec 19	10,6,3	10,6,3,3	10,6	10,6,6
	24%	28%	20%	28%
June 20	10,6,6,6	10,6,3	6,3	10,10,3
	36%	24%	11%	29%
Dec 20	6,6,3	10,10,6,6,3	10	10,6,3
	19%	44%	13%	24%

1st Priority		2nd Priority		3rd Priority	
Block	Unit/Chapter	Block	Unit/Chapter	Block	Unit/Chapter
1	3	1	2	1	1,4
2	2,4	2	3	2	1
3	3	3	**	3	1,2,4
4	2	4	1	4	3,4
55% of Questions		18% of Questions		27% of Questions	
43 Marks		15 Marks		21 Marks	

BLOCK 1, UNIT 3 & BLOCK 2, UNIT 4 ARE THE MOST IMPORTANT

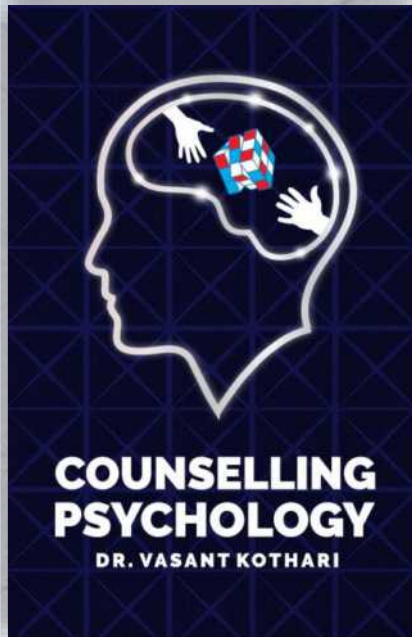
as almost 25% questions in the exam are from this only

It has been observed that **Block 1 & 2 are the most important**

as almost 3/5 questions in the exam comes from these only,

so you should not miss these Blocks at any cost

ERR for **June 2021** Exam



ERR For the **people** who are **following this book** which is specially written for **MAPC IGNOU Students**

Counselling Psychology

by **Dr Vasant Kothari**

ISBN: 978-81-935047-7-2

Pages: 232

Price: ~~Rs 400~~ → **Rs 320**

Available for purchase at www.springseason.in & **Amazon**

1 st Priority
Chapter No.
3,6,8,11, 14
55% of Questions
43 Marks

2 nd Priority
Chapter No.
2,7,13
18% of Questions
15 Marks

3 rd Priority
Chapter No.
1,4,5,9,10, 12,15,16
27% of Questions
21 Marks

It has been observed that **Chapter No. 3,8 & 11 are the most important** as 40% questions in the exam comes from these only, so you should not miss these chapters at any cost

Above data is purely based on DATA ANALYSIS



MUST READ TOPICS for June 2021 Exam

COUNSEL
PSYCHOI
DR. VASANT K

Chapter No.	Topic No.				
1	1.1	1.1.1	1.1.3	1.3.4	**
2	2.1	2.1.1	2.1.3.2	2.2.3	2.2.5
3	3.1.1	3.1.2	3.2.1/2/3	3.3.2/3	**
4	4.2	**	**	**	**
5	5.1	5.2.3	5.3.2/3/6/7	5.4.4	**
6	6.1	6.1.3	6.2.2	6.2.4	**
7	7.1	7.1.1/2/3	7.2	**	**
8	8.1.1	8.1.2/4	8.2	8.2.2	8.3.6.1/2
9	9.1	9.1.1/2	9.2	9.4.1	9.4.1.2
10	10.1	10.2	10.3	10.4	**
11	11.2 & 11.3	11.3.4	11.5	11.5.1	11.6.1
12	12.2.1	12.2.2	12.3.2	12.4/5/6	12.6.1
13	13.2	13.3.5	13.4	13.4.4	13.5.2
14	14.2.1	14.5	14.6	14.2.2	**
15	15.1	15.5	**	**	**
16	16.1	16.1.3	16.2.1	16.2.1.1	16.2.2

Above data is purely based on ASSUMPTIONS

Please do all sub points unless and until specified

Block-1 Introduction

Unit 1 – Introduction to Counseling and Characteristics of a Counselor

- Definition - Counseling and Guidance
- Counseling and Psychotherapy
- Characteristics of a Counselor
- Counselor and Values

Unit 2 –Process of Counselling

- Process of Counseling
- Stages of Counseling Process
- Working in a Relationship
- Setting
- Counsellor's qualities

Unit 3 - Theoretical Approaches to Counseling

- Psychoanalytic Approach
- The phenomenological Adlerian Approach
- Person-Centered Approach
- Existential Approach
- Gestalt Approach
- Transactional Analysis
- Behavioural Approach

Unit 4 - Ethics in Counseling

- Ethical Principles of Counseling

Please study all sub points unless and until specified

Block-2 Counselling Models and Approaches

Unit 1 - Psychoanalysis, Psychodynamic and Psychotherapy

- Psychotherapy
- Essentials of Psychotherapy
- Goals of Psychoanalysis
- Free Association
- Dream Analysis
- Analysis of Transference
- Counter transference
- Self-Psychology

Unit 2 - Behavioural Therapy, Cognitive Behaviour Therapy and Approaches to Counselling

- Behavior Therapy
- Aversion therapy
- ABC Model of CBT
- Techniques/ Principles Used in CBT

Unit 3 - Drama and Art Therapy in Counseling

- Drama Therapy
- Art Therapy
- Five Stage Theory

Unit 4 - Other Therapies (Persons Center Counseling And Solution Focus Counseling)

- Basic Assumptions of Person Centered Counselling
- Person Centered Counselling - Core Conditions
- Techniques Used In Person Centered Therapy
- Solution focused counselling
- Therapeutic process
- The Miracle Questions (MQ)
- Scaling Questions

Please study all sub points unless and until specified

Block-3 Types of Counselling

Unit 1 - HIV/AIDS Counselling

- What is HIV/AIDS
- How does it Transmit
- Signs and Symptoms of HIV/AIDS
- Diagnosis of HIV/AIDS
- Prevention of HIV Transmission
- Counselling the HIV Affected Persons

Unit 2 - Educational and Vocational Counselling

- Meaning of Educational and Vocational Counselling
- Need of Educational and Vocational Counselling
- Scope of of Educational and Vocational Counselling
- Educational Counselling

Unit 3 - Child Protection and Child Rights Counselling

- Who is child?
- What are children's rights?
- What is Child Protection?
- Difference between Child Rights and Child Protection
- Vulnerable Child
- Child Abuse
- Street Children

Unit 4 - Addiction/Anxiety Counselling

- Meaning of Substance /Abuse
- Addictive Behaviour
- How Anxiety can Lead to Addiction
- Symptoms of Addiction and Anxiety
- Causes for the Addiction and Anxiety Abuse
- Treatment for Addiction and Anxiety
- Group Therapy and Counseling

Block-4 Counselling for Mental Disorders

Unit 1 - Depression

- Psychological Symptoms: Feelings, Thoughts and Behaviour
- Physical or Somatic Symptoms
- Seasonal Affective Disorder (SAD)
- Causes of Depression
- Cognitive Theories
- Helplessness Theories
- Treatment of depression
- Psychodynamic Approach to Treatment of Depression
- Cognitive Behaviour Therapy

Unit 2 - Personality Disorder

- Paranoid Personality
- Features of personality disorder
- Causes of personality disorder
- Cluster B Personality Disorders

Unit 3 - Gender Identity Disorder

- Definition and Description of Gender Identity Disorder
- Criteria for Gender Identity Disorder
- Treatment of Gender Identity Disorder

Unit 4 - Eating Disorder

- Definition and Description of Eating Disorders
- Eating Disorders in India
- Types of Eating Disorders

Please study all sub points unless and until specified



Delivery starts on
1st May 2021

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Assignment Container

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MPCE-011

PSYCHODIAGNOSTICS
MPCE-012

PSYCHOTHERAPEUTIC METHODS
MPCE-013

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- Answers in **prescribed word limits**
- **Least content** from IGNOU Books
- Table, charts, brain maps to **enhance the look** of the assignment
- **Rs 99** per subject (**Rs 297** for All)
- e-book form (**PDF File**)

Assignment Container

COUNSELLING PSYCHOLOGY
MPCE-021

ASSESSMENT IN COUNSELLING
AND GUIDANCE
MPCE-022

INTERVENTIONS IN COUNSELLING
MPCE-023

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Ready Synopsis & Project

- ▶ **Topic** will be **Ours**
- ▶ It will cost Rs **5000** (Fixed Rate and No part payment)
- ▶ You need to **take care of Guide** (Go for Cooperative Guide)
- ▶ Synopsis within **one week** and Project **after 6 months** (before submission)
- ▶ No topic REPEATS
- ▶ **Changes not allowed** in ready synopsis & project
- ▶ If synopsis **rejected.** Then **new synopsis at no additional cost**
- ▶ Synopsis and Project will be there in **Word file**
- ▶ Explanation of **DATA ANALYSIS** for **VIVA**
- ▶ Whatsapp on **7303827268**

For **STATISTICAL DATA ANALYSIS**
of your MAPC IGNOU Research project work

send your...



- Synopsis
- Questionnaire
- Data file (Excel)

to

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You will get

- Data analysis with graphs
- Interpretation of analysis
- Standard format for writing analysis
- Explanation of analysis for viva

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*Personal visit not required for data analysis
All communication will be only through mobile & email*

MAPC Focus for Dec 21 Exam

As per Dr Vasant Kothari's Books

Will Release on 1st Aug 2021



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