



Chhatrapati Shahu Ji Maharaj  
University, Kanpur

**Answer Script Details**  
**Barcode** 11099732

**Roll No.** 25117004841

**Exam** Bachelor of Education (BED)

**Total Mark** 49/75.00

**Subject** BED302 - EDUCATIONAL GUIDANCE AND COUNSELLING

**Question wise Mark Summary**

**Q.No Mark Q.No Mark Q.No Mark Q.No Mark**

A1A 3/5

A1B 3/5

A1C 3/5

A1D 2.5/5

A1E 2.5/5

A1F 3/5

A1G 3/5

A1H 3/5

A1I 3/5

B1 0/15

B2 0/15

B3 13/15

B4 0/15

C1 0/15

C2 10/15

C3 0/15

C4 0/15

**Chhatrapati Shahu Ji Maharaj University  
Kanpur, Uttar Pradesh**

PART-I

Date of Exam: 16/12/2025 Shift: Evening Room No. 51-F-I  
 Paper Code: BEB302 Subject: Guidance & Counselling ✓ III  
 Name of Candidate: Sneha Kumari Yadav  
 Roll No. 25117004841

Signature of Candidate: *Sneha Kumari Yadav*  
 Signature of Invigilator: *[Signature]*  
 COE Facsimile: *[Signature]*

PART-II

MARKS OBTAINED										
Q.	1	2	3	4	5	6	7	8	9	10
(a)										
(b)										
(c)										
(d)										
(e)										
(f)										
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(j)										
Total										
Total Marks in Figures						Max. Marks				
Total Marks in Words										



B E D 3 0 2  
Paper Code

Signature of Evaluator

PART-III

Course: B. Ed.  
 Session: 2025-26 Year/Semester: III  
 Subject: Educational Guidance & Counselling  
 Paper Code: B E D 3 0 2  
 Exam Date: 1 6 1 2 2 0 2 5  
 Name of Candidate: SNEHA KUMARI YADAV  
 Father's Name: BRAHAMASHANKAR YADAV

कॉलेज कोड: KN24  
 परीक्षा केंद्र कोड: KN24

1	2	3	4	5	6	7	8	9	10
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परीक्षा का प्रकार: Regular  / Ex-Student   
 Private  / Back paper Exam   
 ANSWER BOOKLET NO. 11099732  
 Paper Code: B E D 3 0 2

PART-IV

भाषाकोड संख्या: CSJMA24000169872  
 परीक्षार्थी का नाम संख्या: 25117004841  
 पेपर कोड: B E D 3 0 2

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1	2	3	4	5	6	7	8	9	10
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1	2	3	4	5	6	7	8	9	10



Signature of Candidate: *Sneha Kumari Yadav*  
 Signature of Invigilator: *[Signature]*  
 CS Facsimile: *[Signature]*  
 COE Facsimile: *[Signature]*

नोट: 1. परीक्षार्थी को निर्देशित किया जाता है कि आवरण पाने के पृष्ठ पर पर उचित सभी निर्देशों को सावधानी पूर्वक पढ़ें।  
 2. शीट में पाने वाले सभी उचित/वैकल्पिक सभी तथ्यों से मुक्त की जाएं। 3. पोलरों को कानों या शीटों को चिपकाए जाने से बचना चाहिए।

### INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-I

1. Read the instructions carefully given on the answer script and admit card.
2. Write Date of Exam, Shift, Paper Code & Name of Subject Correctly.
3. Write Name & Roll No. Correctly.
4. Write Semester & Branch Correctly.

### INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-II

1. Use blue or black ball point pen for writing alphabets & numerals in  Boxes.
2. Carefully study the example before you start marking.
3. As shown in the example below blacken the circles completely.



4. Make no Stray marks on this sheet.
5. DO NOT WRITE OR MARK ON THE BAR CODE.

### IN ORDER TO AVOID UFM (UNFAIR MEANS):

1. The Roll No. and Answer Book no. found elsewhere or any other symbol found in the answer book will be treated as unfair means.
2. Any tempering of Bar Code and Booklet no shall be treated as Unfair Means.
3. Do Not bring the materials like slip of paper/mobile/digital diaries/ study material/ revision notes in examination hall. Possession of the mobiles/ digital diaries/ electronic watch and any other electronic gadget except memory less scientific calculator shall be considered as UFM case.
4. Do not keep or paste currency note in answer script it shall be consider as UFM.

### अनुचित साधन से बचने हेतु:

1. उत्तर पुस्तिका के निर्देशित स्थान को छोड़कर अनुक्रमांक एवं उत्तरपुस्तिका का क्रमांक कहीं और न लिखें तथा कोई भी किन्हीं न बगवै क्योंकि यह अनुचित साधन प्रयोग की परिधि में आता है।
2. उत्तर पुस्तिका के बारकोड अथवा उत्तर पुस्तिका संख्या पर छेड़ करने पर अनुचित साधन प्रयोग माना जायेगा।
3. परीक्षा कक्ष में निम्न वस्तुएं साथ न लाये, जैसे लिखे हुए कागज के टुकड़े, मोबाइल, डिजिटल कालरी, कोपी, पुराने या सभी वस्तुएं जो अनुचित साधन के अन्तर्गत आती हैं। केवल संबंधित प्रश्नपत्र में ही मेमोरी लेस साइट्रिक कैल्कुलेटर ले जाने की अनुमति होगी।
4. उत्तर पुस्तिकाओं में कपड़े न रखें न ही उत्तर पुस्तिका में विषयार्थ। ऐसा करना अनुचित साधन प्रयोग की परिधि में आता है।

### परीक्षार्थी के लिए निर्देश

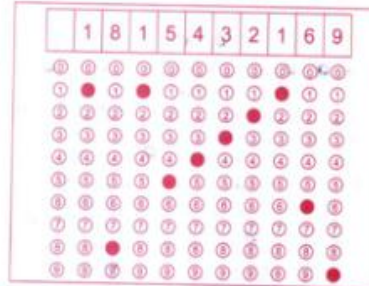
1. प्रवेश पत्र एवं उत्तर पुस्तिका पर दिये गये निर्देशों को ध्यान से पढ़ें।
2. कवर पृष्ठ को दूसरी तरफ कुछ न लिखें।
3. उत्तर पुस्तिका के पृष्ठों पर दोनों तरफ लिखें।
4. प्रश्न पत्र पर अपने अनुक्रमांक के अतिरिक्त कुछ न लिखें।
5. प्रश्न पत्र कोड एवं प्रश्न पत्र कोड सावधानी पूर्वक लिखें।
6. अपनी स्थिति स्पष्ट लिखें।
7. उत्तर पुस्तिका के पृष्ठों की संख्या देखें। अगर उत्तर पुस्तिका में पृष्ठ (1-24) से कम है या कटे हुए हैं, तो परीक्षा शुरू होने के पूर्व दूसरी उत्तर पुस्तिका ले लें।
8. प्रश्नपत्र को देखें, यदि प्रश्नपत्र के विषय कोड, विषय का नाम तथा प्रश्न में कोई त्रुटि है तो उसके परीक्षा शुरू होने के 30 मिनट के अन्दर कक्षा निरीक्षक को तत्काल सूचित करें, उसके बाद विश्वविद्यालय द्वारा कोई कार्यवाही नहीं की जायेगी।
9. प्रश्नों के उत्तर लिखने के लिये पेंसिल का प्रयोग न करें।
10. B कोपी या अतिरिक्त धाक नहीं दिया जायेगा।

### INSTRUCTIONS TO THE CANDIDATE

1. Read the instructions carefully given on the Question Paper, Admit Card & Answer Script.
2. Do not write anything on back side of the cover page.
3. Write on both sides of pages of answer book.
4. Do not write anything on question paper except Roll Number.
5. Write Paper Code & Question Paper Id carefully.
6. CHECK the number of pages (1-32) or any other kind of damage in your answer script, if found than change the answer script immediately before the commencement of examination.
7. CHECK the Question Paper for any kind of discrepancy e.g. Subject Code, Subject Name and Question of the Question Paper during first THIRTY MINUTES of the commencement of the exam, so that it can be corrected in TIME. After that no corrections shall be entertained by the university.
8. Do not use pencil for answering the question.
9. Write status correctly e.g. those appearing in carry over papers should fill in status as Carry Over. Those appearing as Ex-Students should fill in status as ex.
10. No supplementary answer book & graph paper will be provided.

### INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-IV

1. Use blue or black ball point pen for writing alphabets & numerals in  Boxes.
2. Use blue or black ball point pen for filling the circles.



Note - If your Roll No. is of 10 digits. Please leave first three columns



[Section - A]

[Question - 1]

[Answer - (a)]

Guidance :- Guidance is the process of assistance or providing help to an individual by another individual.

In practical sense, guidance is as old as human civilisation. A child learns to speak language and do other activities by imitating others. If the imitation is not carried, then his parents or peer group corrects him.

Conceptually, the concept of guidance is new practically, particularly in an organized form.

"Frank Parsons" is considered as "Father of Guidance".

According to J. M. Brewer, "Guidance is the process of assistance through which an individual helps himself."

According to Ruth Storang, "It is the process of gaining knowledge of one's self."

- It is the process of gaining understanding of one's relationship with others.
- It is the process of gaining understanding of problem-solving.
- It is the process of gaining understanding of decision-making.



Meaning :- The meaning of guidance is  
to direct.  
"to show the path." or  
"to point out."

### Nature of guidance

- Individual centered :- Every individual is different thus guidance focuses on needs of each individual.
- Developmental and preventive :- Guidance focuses on the overall development of the individual and by prevents future problems.
- Continuous process :- Guidance starts at an early age and continues lifelong.
- Both art and science :- Providing guidance is an art based on scientific principles.
- Individual and group :- Can be given individually or in group.
- Helping nature :- The whole idea of guidance is to help.
- Concept as well as process :- It is both.

Do Not Write anything in this Portion



### [Answer - (b)]

#### Relationship between guidance and counselling :-

According to J.C. Aggarwal "Guidance is a wider process which provides help related to educational, vocational and personal growth of an individual, whereas counselling is a service within guidance mainly given to deal with psychological and emotional problem."

As this definition suggests, guidance and counselling are closely related. Following is the relationship between guidance and counselling.

#### (i) Guidance is an umbrella term :-

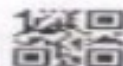
- Guidance is a broad term. It deals with educational, vocational, personal and social aspects of a student's life.
- Counselling is more specialized service within guidance related with emotional and psychological well-being.

#### (ii) Developmental in nature :-

- Both guidance and counselling help the individual in his/her overall development.

#### (iii) Professional help required :-

- Guidance is given by teachers, mentors, guidance



counsellors.

- Counselling is given by professionals such as counsellors, psychologists or trained therapists.

(iv) Process oriented connection :-

- If an individual is provided with guidance, but still faces the problem.
- In such case the individual is referred to a counsellor.

(v) Providing is the ultimate goal :- The

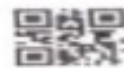
- The ultimate goal of both guidance and counselling is to provide needed help to the individual.

[Answer - (v)]

Principles of Guidance :- Guidance is based on the following principles.

(i) Principle of individual difference :- Every individual is different in abilities, likes, dislikes, thus there should be focus on the needs of each individual and their abilities.

Do Not Write anything in this Portion



(ii) Principle of continuity:— Guidance is not just related to school but it is a lifelong continuous process. We seek guidance since birth to the day we die.

(iii) Principle of cooperation:— Guidance is not just the work of the mentor. It is a collaboration between students, parents, teachers, school and the society.

(iv) Principle of helping:— Guidance is entirely based on helping people and making them aware and capable of problem solving and decision-making.

(v) Principle of democratic approach:— The results of the guidance are never forced over the individual, but it is left on the individual to decide according to his/her choice.

(vi) Principle of trust:— Guidance is only successful if the person seeking guidance trusts the mentor or advisor.

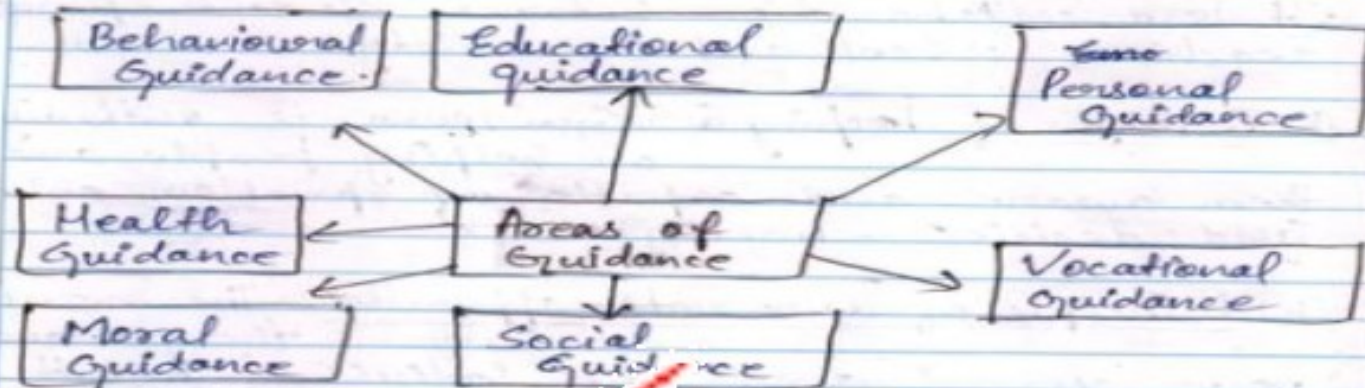
(vii) Principle of problem-solving:— The ultimate goal of guidance is problem-solving.

(viii) Principle of self-awareness:— Guides the individual to know himself.



[Answer - (d)]

Major areas of guidance :- Guidance is not just limited to school life, but it has many other scopes or areas. Following are the areas of guidance -

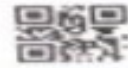


(i) Educational guidance :- Educational guidance is provided to students to help them in adjusting into their curriculum and school life.

Objectives -

- To help students choose right, subject, stream.
- To help students overcome learning difficulties.
- To help student adjust in school life.
- To provide proper information about exams, & deal with the exam pressure.
- To provide information about entrance exams, scholarships etc.

Do Not Write anything in this Portion



(ii) Personal guidance :- Personal guidance is assistance given to students facing personal, emotional or psychological issues.

Objectives :-

- Helps students tackle anxiety, depression or overthinking.
- Helps students in knowing the reason behind their emotional trauma.
- Help the individual to cope up with the situation.

(iii) Vocational guidance :- Vocational guidance is mainly given to students making transition into professional life from student life.

Objectives :-

- Provides information about different career choices.
- Tells about job trend and market trends.
- Ensures smooth entry into professional life.
- Helps students match their abilities with the job profile.
- Tells about different placement services going on at different levels.
- Helps in preventing the wastage of talent.
- Prevent future blunders by giving right assistance at right time.
- The objective of vocational guidance is different at different school levels.

Educational guidance, personal guidance and vocational guidance are the major areas of guidance.



[Answer - (c)]

Need of Guidance at different levels :-

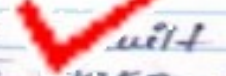
Guidance is needed throughout the life of an individual. It has different objectives at different levels.

Need of guidance at different levels is as following -

(i) At pre-primary or primary level :- Guid

These are formative years of a student's life. Thus, right guidance at this age is very important.

Need :-

- To cult good habits in the students.
- To make him ethically correct by telling what is wrong and what is right.
- To help him deal to adjust in the social circle of schools.
- To make him align towards education.

(ii) At secondary level :-

It is the most crucial stage of a student's life. Right guidance can help him lead a smooth life.

Need :-

- To help students in choosing right stream and subject.
- To help him deal with bullying, shyness.

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- To guide the according to their choices and abilities about different career options.

(ii) At <sup>college</sup> school/University level :-

This phase of a student's life is the time where guidance is needed the most.

Need :- • To help students match their abilities with career options.

- To assist them in their personal life.
- To teach how to deal with independence.
- To help them make a smooth transition in professional life.

[Answer: (f)]

Meaning of Counselling ✓ :- Counselling is a professional process of helping individual with their personal and psychological problems.

According to Ruth Strang, "Counselling is a face-to-face relationship in which both counsellor and counsellee learn."

Importance of Counselling :- Counselling is a scientific process of helping students dealing with anxiety, shyness, overthinking, depression etc. Thus counselling becomes



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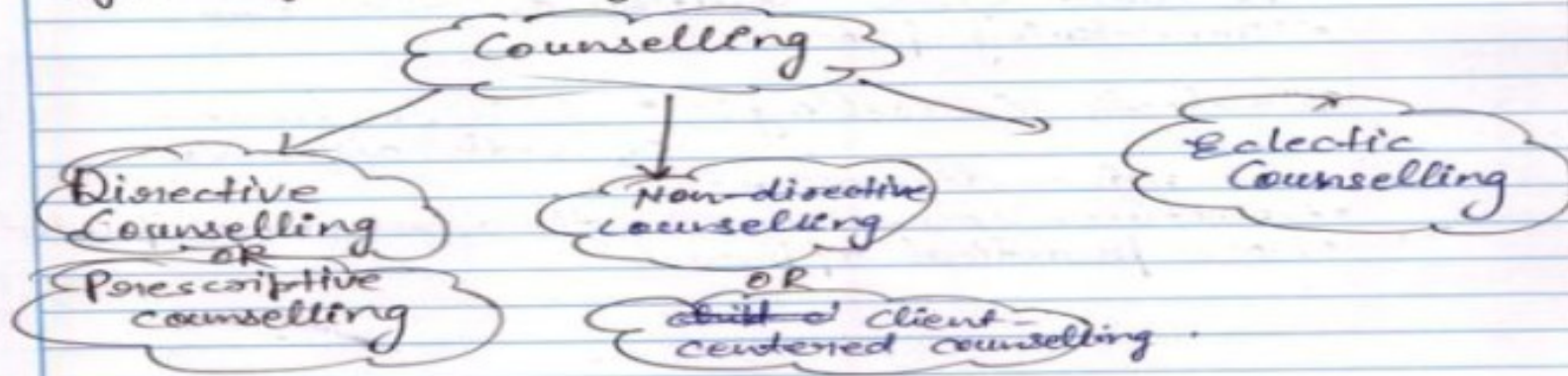
a very important and widely accepted process. Following are the Importance of counselling-

- (i) Counselling helps <sup>clients</sup> ~~students~~ express their thoughts and feeling without the fear of being judged.
- (ii) Counselling is required at all the stages in school life because apart from educational aspects, students also face many emotional and psychological problems.
- (iii) Because counselling is done by a trained professional, the counselee has faith in the result obtained.
- (iv) It helps the client adjust in their surrounding well.
- (v) Counselling is important because a client gets series of counselling sessions until the problem is actually solved.
- (vi) Students who are withdrawn or shy, seek counselling to adjust to their social circle of school life.
- (vii) It help the counselee in obtaining confidence by solving their dilemmas.
- (viii) Counselling makes the client self-aware.



[Answer - (g)]

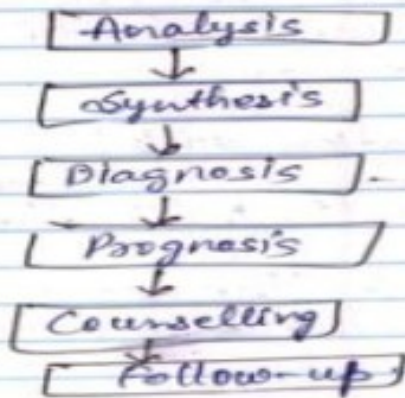
Types of Counselling :-



i) Directive Counselling :-

- Counsellor is dominant.
- The client tells about his or her problems and the result.
- The counsellor directs towards the result.
- Done with educational problem.

Stages of Directive Counselling :-



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(i) Non-directive counseling:— • It is <sup>client</sup> child-centered.  
• Deals with emotional problems.  
• Counsellor is passive.  
• The client finds solution on their own.  
• Time-taking process.

(ii) Eclectic Counselling:— • It is combination of both directive and non-directive.  
• Sometimes counsellor is active & sometimes passive.  
• More practical approach.

[Answer ✓]

Qualities of a good counsellor:— Followings are other characteristics of a good counsellor.

(i) Well-educated:— The counsellor should be well educated and aware of the work he does.

(ii) Good Communication skills:— The counsellor should be able to communicate well with the client.

(iii) Good listener:— The counsellor should have the ability to listen.



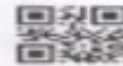
- (iv) Honesty:- The counsellor should be honest to his work and his client.
- (v) Should maintain the confidentiality of the client:- The information shared by the client should only be used for their benefits.
- (vi) Morally and ethically right:- Counsellor should be a good human being.
- (vii) The counsellor should be non-judgemental.
- (viii) Counsellor should be unbiased.
- (ix) Counsellor should not be captured by any prejudice about the client.

[Answer - (i)]

Objectives of Guidance and Counselling Centres in Schools:-

Following are the objective of guidance and counselling centres in schools.

- (i) To promote awareness about education, personal and vocational matters in the schools.



- (i) To link students with these services in schools.
- (ii) To assist students in their academics, personal life and career.
- (iii) To help students deal with different problems such as bullying, shyness.
- (iv) To help in overall holistic development of students.
- (v) To make students ready for the outside world.



[Section - B]

[Answer - 3]

Guidance Services :- Guidance services are organized services in schools meant for assisting students in different fields of life. Guidance services and their organization in school is very important for the overall holistic development of a student. Following are the essential guidance services that are given in schools.

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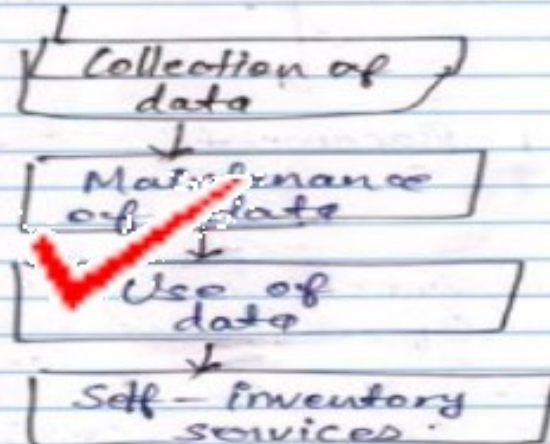




2. Educational Information
- (i) Vocational information
  - (ii) Personal Information
  - (iii) Social Information
  - (iv) Moral Information
  - (v) Health Information
  - (vi) Behavioural information etc.

2. Individual Inventory Services :- These are personalized services organized for individual assessment of students.

Stages :-



3. Counselling services :- Organized at schools to provide face-to-face interaction with the counsellor to help students.



4. Placement Services :- Organized at schools to provide job to students.
- It connects job seekers with the employers.
  - Organization organizes placement events.
5. Remedial Services :- Organized for underachiever students so that they can perform well. Helps student reach to normal level of performance.
6. Follow-up Service :- To check if the guidance provided is useful or not. Checks effectiveness of the guidance provided. If it is not achieved then the student is referred to another counsellor.

[Section - C]

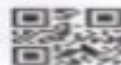
[Answer - 2]

11) Directive Counselling :-

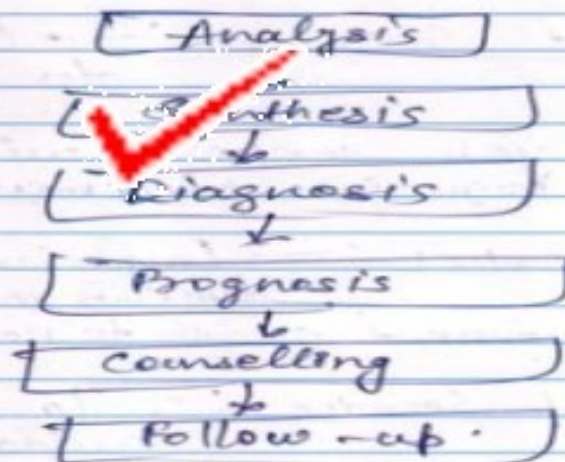
Main Advocate - E. G. Williamson.

Directive Counselling is also known as prescriptive or counselling centered counselling.

Stages of directive counselling :- Following are the stages involved in the directive counselling.



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Characteristics :-

- Counselor is dominant.
- Best for school students.
- Meant for educational problems.
- Counselor directs towards results.
- Quick results.

Limitation :-

- Does not build decision-making.
- No involvement of client.

(ii) Non-directive Counselling

Main Advocate - Carl Rogers.

Characteristics :-

- Client finds results for himself.
- Counselor facilitates the decision-making.
- Decision is made by client.

Limitation

- Not for educational settings.
- deals with emotional problems.

Limitation :-

- Time-taking process.
- Does not provide immediate results.
- The result can be wrong.

(ii) Eclectic Counselling :-

Main advocate - C. Thorne.

Characteristics :- It is combination of both directive & non-directive counselling.

- Counselor decides when to choose which process.
- Counselor first guides and then leaves it on the client.

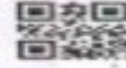
Limitation :-

- If the counselor is not experienced then the counseling process can fail.
- It has no fixed structure.



Paper Code

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X



B E 0 3 0 2



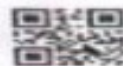
X

Do Not Write anything in this Portion



Paper Code

B	E	D	.	3	0	2		
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22

X



Paper Code

B e D 3 0 2



23

X

Do Not Write anything in this Portion



Paper Code

B E D 3 0 2



24

X