**ST. JOSEPH’S UNIVERSITY, BENGALURU -27**

Registration Number:

Date & session 13-12-2022:

**M.Sc. COUNSELING PSYCHOLOGY – I SEMESTER**

**SEMESTER EXAMINATION: OCTOBER 2022**

**(Examination conducted in December 2022)**

**PY7521 - Current Trends and Strategies for Effective Living**

**Time: 1.5 hours Max Marks: 25**

**This paper contains ONE printed page and FIVE parts**

**Answer any one of the following (10 marks)**

1. Write a detailed note on how the mental health of an individual affects their physical health.

**OR**

1. Describe the role of the counsellor in reducing or managing non-communicable diseases.

**Part B**

**Answer any one of the following (10 Marks)**

1. An employee who is coping with issues related to work-life imbalance and time management reaches out to you for counselling sessions. Reflect and answer the following questions:
   1. What are the typical emotions they might be experiencing?
   2. List any five simple techniques or to-dos that can be offered to them to help them strike a work-life balance.

**OR**

1. Construct a detailed case example of a client who is facing difficulty in being assertive in professional as well as personal life. Mention what could be the possible causes and solutions for the same.

**Part C**

**Answer any one of the following (5 marks)**

1. What are the benefits of online counselling?

**OR**

1. List different types of online counselling. Explain the limitations of each.

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