

**Master of Social Work Counselling  
MSW (C)**

**Second Year**

**Assignments : 2019-2020**

**Course Titles**

**MSW-012 : Introduction of Life Characteristics and Challenges**

**MSW-013 : Introduction to Psychological Basics of Counselling**

**MSW-014 : Relevance of Social Case Work in Counselling**

**MSW-015 : Basics of Counselling**

**MSW-016 : Fields of Counselling**

**Last Date of Submission of Assignments to the Study Centre**

**July, 2019 Session-March 31, 2020**

**January, 2020 Session-September30, 2020**



**School of Social Work  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi-110068**

Dear Learner,

Welcome to the MSW(C) programme of IGNOU. You have purposefully chosen to become a post graduate in Social Work to contribute towards improving the social conditions of people. To successfully complete your MSW program, kindly follow the following tips:

- Read the programme guide before you begin your studies. It will clarify most of your doubts regarding how to go about doing the MSW Program from IGNOU.
- Submit your assignments to the Study Centre on time.
- Be in touch with your Study Centre and Regional Centre
- Fill up the examination form on time.
- Do your field practical's only under the guidance of a professionally qualified social worker having MSW/M.A. (Social Work) provided to you from your study centre.

For MSW(C) second year, you have to do one each Tutor Marked Assignments (TMAs) for MSW-012, MSW-013, MSW-014, MSW-015, MSW-016. The TMAs must be submitted to the Coordinator of the Study Centre allotted to you, latest by March 31, 2020 for those admitted to July, 2019 Session and September 30, 2020 for those admitted to January 2020 Session

Assignments are open book examination and we at IGNOU assign 30 per cent weightage to the assignment while calculating the overall grade for each course. **Assignments are to be handwritten and duly signed before its submission in the Study Centre.** In order to prepare a good set of assignment responses, you must first of all read the units) from which a particular question has been framed. Discuss with your peer-group and academic counselors who teach you. Prepare a draft, do the necessary correction on it and then, prepare the final version for submission to the Study Centre.

Make sure that each answer starts on a new page. For long and medium answers, ensure that there is an introduction, sub-titles, body and a conclusion. One line should be left between each paragraph. Make sure your answers are specific and in your own words and do not copy from books. Your answers will be exclusively based on the IGNOU materials only. Preparation of assignments is preparation for your term-end examination. Therefore take the assignments seriously.

(Dr.N.Ramya)

Programme Coordinator

## Feedback Form for MSW (C) Learners

Dear Learners, As programme coordinator, I am keen to facilitate you in every way possible to successfully complete the MSW (C) programme. In this regard, I will appreciate, if you could kindly answer the questions given in the following questionnaire. Your response will be used only to facilitate you and other learners of MSW (C) and your feedback will enable us to maintain high quality. **Please tick the relevant option and fill up the blank line.** Therefore before you prepare your assignments, kindly ensure that you mail your response **DIRECTLY by ordinary post** to the address given at the end of the questionnaire. The information provided by you will be kept confidential, so feel free to answer all the questions.

Dr. N. Ramya

A.	Profile of Learner	
	Name:	Enrolment number: Session: July/January
	Mobile No : E-mail:	Regional Centre and code:
	Study Centre and Code:	Field Work Supervisor Details: Name : Phone No. : Email : Qualification :
	PWD : Yes/No If yes specify _____	MSW ( C ) 1 <sup>st</sup> year MSW ( C ) 2 <sup>nd</sup> year
Q. No.	Questions	Responses
1.	Sex	Male/Female/Transgender
2.	Age	_____
3.	Marital status	Married/Unmarried/Single
4.	Category	General/SC/ST/OBC/Others (specify)
5.	Employment Status	Employed (full-time)/ Employed (part-time)/ Unemployed/self employed
6.	Place of residence	Rural/Urban/Tribal
B.	Student Support	
1.	Did you attend induction meeting organized by Regional Centre/Study centre?	Yes/No
2.	How did you receive the communication for Induction meeting and when?	_____
3.	How did you receive your study material?	1. At residence by post 2. By visiting Study Centre 3. By visiting Regional Centre 4. By visiting Headquarter in Maidan Garhi(New Delhi)
4.	When did you receive the study material? (for session starting in July/January)	1. Before session started 2. Within one month after session started 3. Within two months after session started 4. Within three months after session started 5. Did not receive

5.	Did you receive programme guide along with study materials?	Yes/No If yes, have you read the Programme Guide? Yes/No
6.	Have you received assignments along with study materials?	Yes/No
7.	How often do you browse IGNOU website?	Once in a week/a month/6 months/never
8.	Are you aware of study materials available in soft copy (e-Gyankosh)	Yes/No If yes do you use e-Gyankosh—————
9.	a) Academic Counselling Session	1. Attend Regularly 2. Sometimes 3. Never
	b) Field work Guidance	1. Attend Regularly 2. Sometimes 3. Never
10.	How far is your study centre from your place of study?	————— kms
11.	Are you aware that the following facilities are available at the study centre?	
	a. Audio programmes of the courses	Yes/No
	b. Video programmes of the courses	Yes/No
	c. Library	Yes/No
	d. Academic Counselling Sessions	Yes/No
	e. Field Work Supervisor	Yes/No
	f. Examination Procedures were clearly explained	Yes/No
<b>C.</b>	<b>Assignments</b>	
1.	Do you receive the evaluated assignments with feed back/comments?	Yes/No
2.	Do you receive acknowledgement receipt while submitting the assignments?	Yes/No
3.	Do you face any constraints in submitting Assignments on time?	Yes/No If yes, specify Reasons.....
<b>D.</b>	<b>Academic Counselling</b>	
1.	Do you get information regarding Academic Counselling schedule? (face to face interaction)	Yes/No
2.	How do you receive the communication for Academic Counselling sessions?	—————
3.	If there are changes in the counselling schedule is it communicated to you on time?	Yes/No
4.	Do Academic Counsellors explain the concepts clearly?	Yes/No
5.	Do counseling sessions held at study centre was interactive?	Yes/No

6.	Do all the courses opted in MSW (C) are covered during Academic Counselling sessions?	Yes/No if No specify the course name/code————
<b>E.</b>	<b>Field Work</b>	
1.	Who helps in your field placement in NGO's/ Social Welfare organizations/ institutions?	1) Study centre coordinator 2) Academic Counsellor 3) On my own
2.	Are you provided with field work supervisor by the study centre?	Yes/No
2.a	If yes, how often do you meet your supervisor for field work guidance?	For IC: specify no. of days: ————— For GC: specify no. of days: —————
2.b	If no, how are you doing your field work?	On my own/someone in the agency is helping/ Any other:
3.	Are you aware only a qualified Social work professional having MA in Social Work/ MSW can be a field work supervisor?	Yes/No
4.	Where do you meet your supervisor for Fieldwork Supervision?	At study centre/At his or her residence/ Any other (specify)—————
5.	Where do you submit the completed field work journals?	Submit to Field work supervisor/Submit at study centre/Submit at headquarter
6.	How do you assess the quality of supervision provided by your Field work supervisor?	Highly satisfied/Satisfied/Average/ Dissatisfied/Highly dissatisfied
<b>F.</b>	<b>Audio/Video/Teleconferencing</b>	
1.	Have you ever listened to any audio programmes at study centre?	Yes/If yes, how often? No
2.	Have you ever seen video programmes at study centre?	Yes/If yes, how often? No
3.	Have you ever listened to Interactive Radio Counselling 105.6 FM through Gyanvani/AIR?	Yes/If yes, how often? No
4.	Have you ever participated in teleconferencing sessions?	Yes/If yes, how often?
5.	a) Have you ever watched IGNOU programmes in? 1. Doordarshan 2. Youtube 3. Gyan Darshan Channel	Yes/No Yes/No Yes/No
<b>G.</b>	<b>Miscellaneous</b>	
1.	Have you ever paid money for academic counselling/Supervision/field work evaluation/ guiding for dissertation in addition to the fee paid for the programme?	Yes/No
1a.	If yes, give details of such practices.	

2.	Give details of any difficulties faced by you at the Study Centre/Regional Centre or any major difficulties while pursuing the programme.	
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Please add additional sheet if you would like to share any other information or experience regarding the MSW (C) programme and also give your comments or suggestions related to the programme for further improvement.

The filled in questionnaire should be mailed to the following address:

Dr. N. Ramya  
Assistant Professor  
MSW (Counselling) Programme Coordinator  
Room no. 03, Block 15,  
School of Social Work,  
IGNOU, Maidan Garhi,  
New Delhi- 110068  
Ph: 011-29571693/29571698  
E-mail: ramya@ignou.ac.in

# INTRODUCTION TO LIFE CHARACTERISTICS AND CHALLENGES ASSIGNMENT

Course Code: MSW-012

Total marks: 100

- Note:** (i) Answer all the **five** questions.  
(ii) **All** questions carry **equal** marks.  
(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- 1) Discuss the psychological and social challenges in adolescence.  
Or  
Describe the anatomical and physiological changes related to old age. 20
- 2) 'Adolescence is a period of opportunity and challenge for positive development'.  
Discuss.  
Or  
Discuss the adjustments that an adult need to make during the family developmental stages. 20
- 3) Answer any **two** of the following questions in about **300** words each:
- a) Explain the role of adults in the society. 10
  - b) Describe briefly the physical development during infancy. 10
  - c) Discuss the importance of 'peers' and 'play' in a child's life. 10
  - d) Explain some of the major developmental hazards in babyhood. 10
- 4) Answer any **four** of the following in about **200** words each:
- a) Explain briefly the family life cycle. 5
  - b) What do you mean by neo-natal care? 5
  - c) Write a short note on the role of teacher in the development of adolescent. 5
  - d) Give any two reasons as to why people get married. 5
  - e) List the factors that influence job stability. 5
  - f) What is the role of counselor in a school setting? 5
- 5) Write short notes on any **five** of the following in about **100** words each:
- a) Parenting skills 4
  - b) Geriatric counselor 4
  - c) Cognitive challenges of adolescent 4
  - d) Puberty 4
  - e) Parents as models of socialization 4
  - f) Defence mechanism 4
  - g) Self-esteem 4
  - h) Bereavement 4

# INTRODUCTION TO PSYCHOLOGICAL BASIS OF COUNSELLING

## ASSIGNMENT

Course Code: MSW-013

Total Marks: 100

- Note:** (i) Answer all the **five** questions.  
(ii) **All** questions carry **equal** marks.  
(iii) Answers to question no. **1** and **2** should not exceed **600** words each.
1. What do you understand by Client Centered Therapy? Explain 20  
Or  
Define Social Diversity. Write about the different types of social diversity present in India. 20
  2. 'Depression and Mania represent the two major poles of mood disorder'  
Discuss the statement. 20  
Or  
Why is Alcoholism known as a disease? Write about the long term effect on health. 20
  3. Answer any **two** of the following questions in about **300 words** each:
    - a) Give the characteristics of stereotypes. 10
    - b) What is mental retardation? What are the classifications of mental retardation? 10
    - c) Explain the early indications of dementia? 10
    - d) Define Personality. Describe the clinical importance of personality. 10
  4. Answer any **four** of the following questions in about **200 words** each:
    - a) What is the ABC theory of personality? Discuss briefly 5
    - b) Write about the different types of prejudice. 5
    - c) "Abnormality-away from normal". Specify 5
    - d) Explain the concept 'dissociative identity disorder'. 5
    - e) What is ADHD? Write a brief note. 5
    - f) 'Co-operation' as a kind of social interaction. Comment 5
  5. Write short notes on any **five** of the following questions in about **100 words** each:
    - a. The adult ego state. 4
    - b. Regionalism 4
    - c. Learning theory 4
    - d. Alzheimer's disease 4
    - e. Rational Thinking 4
    - f. Group cohesiveness 4
    - g. Agoraphobia 4
    - h. Detoxification 4



# RELEVANCE OF SOCIAL CASE WORK IN COUNSELLING ASSIGNMENT

Course Code: MSW-014

Total Marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Define counseling. Discuss the relationship between casework and counselling  
Or  
Describe social casework practice in the Indian context. 20
2. Explain the purpose and functions of case recording and documentation. List the uses and functions of Social Case Records.  
Or  
Discuss the major family problems being identified in India. 20
3. Answer any **two** of the following questions in about **300** words each :
  - a) Define social diagnosis. Describe the steps followed in it. 10
  - b) Explain various health settings in which case work is practiced in India. 10
  - c) What are the six aspects of social casework process involved in Correctional setting. 10
  - d) Discuss different types of questions during interviewing with suitable examples. 10
4. Attempt any **four** of the following in about **200** words each:
  - a) What are the characteristics of a caseworker-client Relationship? 5
  - b) List the strengths and weaknesses of an interview. 5
  - c) Mention the skills that are required while conducting home visit. 5
  - d) Discuss the issue of confidentiality in case recording. 5
  - e) Highlight some of the professional social work ethics. 5
  - f) What are the three essential operations of problem solving process. 5
5. Write short notes on any **five** of the following in about **100** words each:
  - a) Objectives of interview in case work 4
  - b) Climate setting skills. 4
  - c) Bio-Psychosocial- Spiritual Perspective 4
  - d) Therapeutic interview 4
  - e) Process recording 4
  - f) Skills in counselling 4
  - g) Rehabilitation strategies 4
  - h) Employee Assistance Programs (EAPs) 4

# BASICS OF COUNSELLING ASSIGNMENT

**Course Code: MSW-015**

**Total marks: 100**

**Answer all the five questions.**

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- |    |  |    |
|----|--|----|
| 1. | Explain the factors that influence counselling process.  | 20 |
|    | OR   |    |
|    | Discuss the models of counselling.   | 20 |
| 2. | Describe the counselling process.  | 20 |
|    | OR   |    |
|    | Define Supportive Psychotherapy. Explain the components and techniques of Supportive Psychotherapy.        | 20 |
| 3) | Answer any <b>two</b> of the following questions in about <b>300</b> words each:                           |    |
|    | a) Define play therapy and explain its types.  | 10 |
|    | b) Explain the need and scope of various tools in counselling.   | 10 |
|    | c) Highlight the theoretical basis of cognitive behaviour therapy.   | 10 |
|    | d) Describe the methods of intake, assessment, diagnosis and hypothesis formulation in family counselling. | 10 |
| 4) | Answer any <b>four</b> of the following questions in about <b>200</b> words each:                          |    |
|    | a) What is the need and scope of counselling?  | 5  |
|    | b) Enlist the skills needed for a counsellor.  | 5  |
|    | c) Mention the roles of therapist and client in Cognitive Behaviour Therapy.                               | 5  |
|    | d) List any of the five roles of a family therapist.   | 5  |
|    | e) Briefly explain the techniques of Adlerian counselling.   | 5  |
|    | f) Point out the strengths of client centred counselling.  | 5  |
| 5) | Write short notes on any <b>five</b> of the following questions in about <b>100</b> words each:            |    |
|    | a) Ethical counselling   | 4  |
|    | b) Client records and rights   | 4  |
|    | c) Child-centred Play Therapy  | 4  |
|    | d) Role of a counsellor in psychoanalysis  | 4  |
|    | e) Techniques of Existential Counselling   | 4  |
|    | f) Rational Emotive Therapy  | 4  |
|    | g) Reality Therapy   | 4  |
|    | h) Behavioural Approach  | 4  |

# FIELDS OF COUNSELLING ASSIGNMENT

**Course code: MSW-016**  
**Total Marks 100**

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Explain the concept of Family. List the stages of family counselling. 20  
Or  
Describe the mental health practice models. 20
2. Explain the theories on adolescent development. 20  
Or  
Discuss the theories which explain the process of developing gender identity. 20
3. Answer any **two** of the following in about **300** words each:
  - a) Discuss the role of a counsellor in judicial system. 10
  - b) What are the effects of caregiving on caregivers? 10
  - c) What is rehabilitation counselling? Differentiate between rehabilitation counseling and other types of counselling. 10
  - d) Mention the subjects included in the social defence programmes in India. 10
4. Answer any **four** of the following in about **200** words each:
  - a) Describe the concept of dissolution of marriage in the Indian context. 5
  - b) Discuss the role of elementary school counsellor. 5
  - c) What are the essential skills required in adolescence? 5
  - d) List the legal and ethical issues related to HIV/AIDS. 5
  - e) Highlight the components of counseling in de-addiction. 5
  - f) Enlist the characteristics of a career. 5
5. Write short notes on any **five** of the following in about **100** words each:
  - a) Chief causes of suicide 4
  - b) Family Planning Counselling 4
  - c) Spiritual suffering 4
  - d) Five stages of grief 4
  - e) Stress Management 4
  - f) Skills needed for career counselling 4
  - g) Gender aware therapy 4
  - h) Feminism 4