

St. Philomena's College (Autonomous), Mysore

PG Department of Studies and Research in Social Work

Question Bank (Revised Curriculum 2018 onwards)

First Year- Second Semester (2018 -20 Batch)

Course Title (Paper Title):

Personal and Professional Growth. QP Code:59105

Unit	SI. No	Questions	Marks
1	1.	Highlight on the life history of Albert Ellis.	4
1	2.	Write the concept of self	4
1	3.	Identify the important leanings from reality therapy.	4
1	4.	How observations influence our behaviour? Justify your answer.	4
1	5.	Write the significance of observation in our life, with its merits and demerits.	4
1	6.	Highlight on the Strokes and injunctions determined by Eric Berne.	4
1	7.	Write the importance of growth of an individual.	4
1	8.	Describe the theory developed by Albert Ellis	4
1	9.	Describe the ABCDE model of Albert Ellis	4
1	10.	Write the significance of Gestalt therapy.	4
1	11.	Throw light on the Basic life positions.	4
1	12.	Mention the need for yoga in present context.	4
1	13.	Highlight on the self as being and in the becoming.	4
1	14.	Enlist the need the transactional analysis	4
2	15.	Define communication.	4
2	16.	Define emotion and explain the concept of emotion.	4
2	17.	Describe the channels of communication.	4
2	18.	Briefly describe the modes of communication.	4
2	19.	Mention basic emotions.	
2	20.	Write the concept of emotion.	4
2	21.	What are the advantages of positive and negative emotions?	4

2	22.	Write the meaning of interpersonal communication.	4
2	23.	Differentiate between verbal and non-verbal communication.	4
2	24.	Mention the choices to express emotion.	4
3	25.	Define creativity.	4
3	26.	Write the characteristics of creativity.	4
3	27.	Discuss the significance life skills.	4
3	28.	Mention the life skills.	4
3	29.	Mention the types of self defeating behaviour	4
3	30.	Write the importance of brain.	4
3	31.	What are the choices of change over self defeating behaviour	4
3	32.	What do you mean by self defeating behaviour?	4
3	33.	What do you mean by creativity?	4
3	34.	Write the importance of self defeating behaviour.	4
3	35.	Define Self defeating behaviour.	4
3	36.	Write examples for self defeating behaviour.	4
4	37.	Highlight on the need of values.	4
4	38.	Define stress.	4
4	39.	What is stress?	4
4	40.	Explain the psychological consequences of stress.	4
4	41.	State the types of stress.	4
4	42.	What do you mean by value conflict?	4
4	43.	Highlight on the nature of stress.	4
4	44.	Write the significance of spirituality.	4
4	45.	Mention the role of values in our life.	4
4	46.	Explain the importance of meditation.	4
4	47.	Mention the self help methods of stress.	4
4	48.	Mention the ways of burnout.	4

4	49.	Examine the significance of value clarification.	4
4	50.	Discuss the benefits of meditation.	4
4	51.	Define stress and explain the concept of stress	4
4	52.	What is the impact of stress?	4
4	53.	What do you mean by stressors? Explain.	4
4	54.	Explain the impact of stress on our daily life style with an example.	4
4	55.	Examine the significance of value clarification.	4
4	56.	Discuss the benefits of meditation.	4
4	57.	Define stress and explain the concept of stress	4
4	58.	What is the impact of stress?	4
4	59.	What do you mean by stressors? Explain.	4
4	60.	Mention the individual consequences of stress	4
1	61.	Critically analyse the Albert Ellis theory on REBT.	10
1	62.	Observation influences behaviour' - justify your answer	10
1	63.	Briefly discuss the need for gestalt therapy.	10
1	64.	Critically analyse the developmental stage suggested by Eric Berne.	10
1	65.	Explain the importance of Yoga therapy	10
2	66.	Discuss the effective ways for public speaking.	10
2	67.	Briefly describe the modes of communication.	10
3	68.	Explain the functions of brain.	10
3	69.	Briefly examine the need for life skills.	10
3	70.	Evaluate the need for creativity.	10
3	71.	Analyse the nature of self defeating behaviour.	10
3	72.	Explain the role of brain in creativity.	10
3	73.	Define creativity and explain the need for creativity.	10
3	74.	Evaluate the causes for self defeating behaviour.	10
3	75.	Define self defeating behaviour and explain its nature.	10
3	76.	Write the need for life skills in our life.	10

4	77.	Write the role of value conflict in our life with examples.	10
4	78.	Yoga is a science' - justify your answer.	10
4	79.	Describe the significance of breathing exercise.	10
4	80.	Analyse the role of values in life.	10
4	81.	What is value conflict? Explain its impact on values.	10
4	82.	State the need of value clarification over value conflict.	10
4	83.	Differentiate between yoga and exercise.	10
4	84.	What are advantages of yoga and meditation? Explain.	10
4	85.	Explain the impact of stress on individual.	10
4	86.	Describe the impact of stress at organizational level.	10
4	87.	Explain how spirituality helps in self growth.	10
4	88.	Discuss the ways to express burn out with an example.	10
4	89.	How value conflict are clarified? Explain.	10
1	90.	Critically analyse the Albert Ellis theory on REBT.	14
1	91.	Observation influences behaviour' - justify your answer	14
1	92.	Describe the usefulness of yoga therapy for mental disturbances.	14
1	93.	How client centered approach helpful in understanding self? Explain.	14
1	94.	Explain the Eric Berne therapy on Transactional analysis.	14
2	95.	Discuss the effective ways for public speaking.	14
2	96.	Define emotion and describe the nature of expression.	14
2	97.	Define communication and discuss the types of communication.	14
2	98.	Explain the modes used to express emotions.	14
3	99.	Briefly examine the need for life skills.	14
3	100.	Examine the factors and functions of brain.	14
4	101.	Explain the impact of value conflict over values.	14
4	102.	Write the concept of stress and explain the self help methods.	14
4	103.	What do you mean by burnout and explain its expression.	14
4	104.	Explain the need of Yoga and Meditation in bringing down stress.	14

4	105.	How value conflict is clarified? Explain.	14
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Q.P Code:59001

St. Philomena's College (Autonomous) Mysore
I Semester MSW Final Examination December - 2019
Subject: SOCIAL WORK
Title: SOCIAL WORK HISTORY AND IDEOLOGIES (HC)

Time: 3 Hours

Max Marks: 70

PART - A

Answer any FOUR of the following:

4x4=16

1. State the Ideologies of Vedic period.
2. Examine the benefits of multiculturalism.
3. State the goals of Social Work.
4. Write a brief note on Ideology of the Indian Constitution.
5. Explain the attributes of Social Work Profession.
6. Outline the Ideologies of Rationalism and Welfarism.

PART - B

Answer any FOUR of the following:

4x10=40

7. Bring out the Ideologies of Buddhism and Jainism.
8. Explain the contribution of Hindu reform movements for Social Change.
9. Examine the basic assumption of Social Work.
10. Explain the beginning of Social work education in India.
11. Discuss the contemporary Ideology of Non-governmental Organisation for Social change.
12. Outline the scope of Social Work.

PART -C

Answer the following:

1x14=14

13. Explain the history of Social Work Education in the West.
