INDICATIVE SYLLABUS FOR THE POST OF COUNSELLOR

SKILL/TRADE TEST (50 MARKS) & WRITTEN TEST (100 MARKS)

Part-A (General) 50 marks

a) **General Awareness**:

Questions will assess the candidate's general awareness and knowledge of current affairs, as well as matters of everyday observation expected of an educated person. The syllabus will include India

and its neighbouring countries, with emphasis on History, Indian Polity and Constitution, Art and Culture, Geography, Economics, General Policy, Science and Scientific Research. Questions may also cover National and International Organisations/Institutions, important events, and current developments.

b) **General Intelligence & Reasoning**:

The test will include questions of both verbal and non-verbal reasoning. The syllabus will cover analogies, similarities and differences, classification, series, spatial visualization, problem-solving, analysis, judgment, decision-making, visual memory, observation, discrimination, relationships, concepts, arithmetical reasoning, verbal and figure classification, and arithmetical number series, etc.

c) **Quantitative Aptitude**:

The syllabus will cover Number System, Simplification, Decimals and Fractions, LCM and HCF, Ratio and Proportion, Percentage, Average, Profit and Loss, Discount, Simple and Compound Interest, Mensuration, Time and Work, Time and Distance, Tables and Graphs, and other basic quantitative concepts.

d) **Test of English language**:

The test will assess the candidate's understanding and correct usage of the English language, including Vocabulary, Grammar, Sentence Structure, Synonyms, Antonyms, One-word Substitution, comprehension, and other aspects of correct usage of English.

e) **Computer Awareness**:

The syllabus will cover Computer Fundamentals, basic applications of computers, components of computers, word processing, spreadsheets, Internet and web applications, networking, and basic information and communication technology (ICT).

PART-B (SPECIALIZATION) – 50 MARKS

a) Foundations of Behaviour and Human Development (10 marks*)

Biological basis of behaviour: Structure and functions of the Central and Peripheral Nervous Systems; basics of brain–behaviour relationship and emotional regulation. Principles of human development across the lifespan: physical, sensory-motor, cognitive, language, social, emotional and moral development. Cognition: attention, perception, memory, problem-solving, decision-making and metacognition. Theories of intelligence: Spearman, Thurstone, Gardner and Sternberg; Emotional Intelligence.

b) Personality, Motivation, Emotion and Stress Management (08 marks*)

Personality: Psychoanalytic, Neo-Freudian, Trait, Type, Humanistic and Behavioural approaches; assessment of personality. Motivation: Drive, incentive, intrinsic-extrinsic, Maslow, self-regulation and achievement motivation. Emotion: Theories of emotion and emotional regulation. Stress: Nature, types, cognitive models of stress and coping strategies. Evidence-based stress management techniques: relaxation, mindfulness, time management and resilience building.

c) Common Mental Health Concerns and Basic Counselling Approaches in College Settings (12 marks*)

Concept of mental health and well-being. Common concerns among college youth: academic stress, examination anxiety, adjustment issues, relationship issues, depression, anxiety, procrastination, sleep issues and substance use. Suicide risk: warning signs, protective factors and basics of risk assessment. Basics of counselling: goals, stages, micro-skills and guidance techniques. Basic approaches relevant to college settings: Person-Centered, Behavioural, Cognitive-Behavioural, REBT, Solution-Focused Brief Therapy and Family Systems perspective. Difference between counselling, clinical intervention and psychotherapy.

d) Social Psychology and Group Dynamics Relevant to Campus Life (06 marks*)

Social cognition, attribution, attitudes and attitude change. Peer influence, peer pressure, conformity, compliance and obedience. Prosocial behaviour, aggression and conflict resolution. Group dynamics: group formation, leadership styles, social facilitation and social loafing. Interpersonal and communication skills.

e) Health Psychology, Technology, Addiction and Well-being (06 marks*)

Lifestyle and health behaviour. Impact of social media, internet addiction, gaming, cyberbullying, digital well-being and parental mediation. Addiction: concepts, risk factors and screening tools for substance and behavioural addiction. Well-being: concept of positive mental health, character strengths, resilience and coping. Gender, disability, marginalization and their psychological impact. Basics of child protection and domestic violence in the context of student well-being.

f) Ethics, Assessment and Institutional Counselling Practice (08 marks*)

Counselling ethics: confidentiality, informed consent, professional boundaries, documentation, referral ethics and ethics in online counselling. Policy framework: student well-being; Mental Healthcare Act, 2017; crisis management, including SOPs for suicide/self-harm, severe distress, violence risk, post-trauma support and emergency referral pathways. Psychological assessment: purpose and basics of screening tools—PHQ-9, GAD-7, Perceived Stress Scale and GHQ; use and limitations of psychometric testing in counselling. Institutional practice: role of the counsellor in an educational institute; collaboration with faculty, hostel, student affairs and parents; importance of orientation, life-skills programmes and awareness workshops.

** The marks are tentative*.

***