



UNIVERSITY OF PERADENIYA  
පේරාදෙණිය විශ්වවිද්‍යාලය  
CENTRE FOR DISTANCE AND CONTINUING EDUCATION  
දුරස්ථ හා අඛණ්ඩ අධ්‍යාපන කේන්ද්‍රය



පළමු වසර ශාස්ත්‍රවේදී උපාධි පරීක්ෂණය (බාහිර - නව නිර්දේශය)  
2018 අගෝස්තු

FIRST YEAR (100 LEVEL) EXAMINATION IN BACHELOR OF ARTS  
(EXTERNAL - NEW SYLLABUS) AUGUST 2018

SUPE 006: BUDDHIST COUNSELLING PSYCHOLOGY

Answer **FIVE** questions only,

(The total number of questions in this paper is 10)

(Three Hours)

1. Examine the need of a discipline such as Buddhist Counselling Psychology and the manner in which its role should be structured in the context of contemporary social problems.
2. Introduce the factors that have influenced the origin of the problems of youth in Sri Lankan society and discuss how Buddhist counselling methods should be used to resolve them.
3. What is the Buddhist analysis of the family? Explain how a family problem can be solved through a counselling methodology that could be employed for resolving such a problem.
4. Examine the great benefit that can be derived from counselling psychology in the process of social development.
5. Show according to the Buddhist standpoint the qualities that should be possessed by a counsellor.

PTO ...

6. Discuss the areas on which attention should be focused according to counselling psychology in finding solutions to individual centered problems.
7. Show with suitable examples Buddhist methods of stress management that can be employed in the management of stress that contemporary society is heavily confronted with.
8. Examine critically the help that can be obtained from the theories of environmental psychology in an experiment conducted on environmental behaviour.
9. Make an investigation into the direction that can be obtained from Buddhist environmental psychology in order to bring about an absolute end to environmental destruction.
10. Discuss the service of two of the following psychologists who contributed to the development of the subject area of Psychology:
  - (a) Wilhelm Wundt
  - (b) William James
  - (c) Sigmund Freud
  - (d) Carl Jung
  - (e) Albert Bandura