



UNIVERSITY OF PERADENIYA

CENTRE FOR DISTANCE AND CONTINUING EDUCATION



ශාස්ත්‍රවේදී උපාධි (බාහිර - නව නිර්දේශය-පරීක්ෂණය 300 මට්ටම - පෙබරවාරි 2022
கலைத்தேர்வுப் பரீட்சை) வெளிவாரி-புதிய பாடத்திட்டம் (300 வது தேர்ச்சி மட்டம் - பெப்ரவரி 2022
Bachelor of Arts (External - New Syllabus) Examination 300 Level – February - 2022

SUPE 304: Buddhist Counselling Psychology

කාලය පැය (03) තුනයි.
மூன்று (03) மணித்தியாலங்கள்
Time three (03) Hours.

ප්‍රශ්න 05 ට පිළිතුරු සපයන්න.
05 வினாக்களுக்கு மட்டும் விடையளிக்க.
Answer 05 questions only.

නොපැහැදිලි අත් අකුරුවලට ලකුණු කපනු ලැබේ.
எழுத்து தெளிவில்லாதனிடத்து புள்ளிகள் குறைக்கப்படும்.
Marks will be deducted for illegible hand writing.

මෙම ප්‍රශ්න පත්‍රයේ අඩංගු ප්‍රශ්න සංඛ්‍යාව 10 කි
இந்த வினாப்பத்திரத்தில் 10 வினாக்கள் உள்ளன.
There are 10 questions in the question paper.

1. Introduce the concept of Buddhist counselling and explain its aims and objectives.
2. Present the fundamental teachings contained in the Buddhist analysis of mind.
3. Evaluate the distinctive character of Buddhist Counselling with reference to the Buddhist teachings.
4. Introduce what counselling skills are from the Buddhist perspective.
5. Explain the analysis of the nature of human life through the exposition of the Four Noble Truths in early Buddhism.
6. Examine the utility of the Buddhist theory of conditionality in the explanation of the origin and resolution of social problems.
7. Introduce the concept called personality and explain the Buddhist teachings relating to it.
8. Review the psychological teachings contained in Buddhism.
9. Explain the way in which meditation could be utilized in the resolution of various mental problems according to Buddhist counselling psychology.
10. Give an introduction to the background of Western counselling.
