



# NCE<sup>Q&As</sup>

National Counselor Examination

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### QUESTION 1

What are the three levels of social groups?

- A. Primary, secondary, and tertiary
- B. High, medium, and low
- C. First, second, and third
- D. Small, medium, and large

Correct Answer: A

Charles Cooley first described social groups. Primary social groups share close, personal, and enduring relationships. Secondary groups are larger than primary groups and relationships are goal oriented, impersonal, and may be temporary.

Tertiary groups are sometimes called reference groups and are any group which shapes one's attitude and behavior.

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### QUESTION 2

Kohlberg's theory of moral development has three progressive levels ending in:

- A. personhood
- B. sexual ambiguity
- C. principled thought
- D. self-realization

Correct Answer: C

In Kohlberg's third level, individuals do come to realize they are separate from their society, but this occurs in the 5th stage. Principled thought comes after moving through the 6th stage, which Kohlberg believed few people actually reached.

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### QUESTION 3

Reliability tells:

- A. if a test measures what it says it measures.
- B. how consistently a test measures an attribute.
- C. if the client can be trusted.



D. where the counseling process should focus.

Correct Answer: B

Reliability is a key part of any assessment. The scale needs to provide consistent results over repeated measurements. If a test measures what it says it measures, the test has validity. Reliability and validity are independent of each other...a test can be both reliable and valid; reliable, but not valid; or not reliable, but valid.

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#### QUESTION 4

A man comes to you and has been through a series of traumatic events. You have no training or experience in helping clients overcome trauma. Ethically, you should:

- A. continue meeting with him and learn as you go.
- B. tell him you can't help him.
- C. refer the client to a therapist who has the proper qualifications.
- D. ask him to tell you all the details.

Correct Answer: C

Helping clients work through trauma requires specialized training. If the client is presenting with trauma and it is out of the realm of the counselor's ability to handle, the client should be referred to a qualified professional.

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#### QUESTION 5

Some counseling methods are "product-oriented," while others are "process-oriented". Which of the following is more interested in the product than the process?

- A. Transactional-analysis
- B. Client-centered
- C. Behavioral
- D. None of the Above

Correct Answer: C

Behavioral counseling focuses on changing the client's behavior. Transactional-analysis, developed by Berne, focuses on interactions between people and communication is very important. In this theory, it is believed that within each person, there are 3 altered ego stages- the parent, the adult, and the child. In Client-centered, developed by Carl Rogers, the process is the focus and often guided by the client.