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QUESTION 1

Suppression and repression are different because:

- A. suppression is involuntary
- B. repression is involuntary
- C. they are not different
- D. repression is voluntary

Correct Answer: B

In psychoanalysis, repression is when upsetting memories are kept out of the conscious mind. Throughout therapy, using free association, psychoanalysts try to help uncover repressed memories and feelings. Suppression is when a person knowingly tries not to think or feel a certain way.

QUESTION 2

A college student viewing a situation as good or bad or right or wrong is using: A. Dualistic Thinking

- B. Pessimism
- C. Relativistic Thinking
- D. Erroneous Thinking

Correct Answer: A

Perry believed college students go through 4 stages of mental and moral development: Dualism, Multiplicity, Relativism, and Commitment. Dualistic thinking occurs in Dualism when students believe every problem is solvable and they are to learn the right answers. Relativistic thinking is the belief that every issue must be evaluated because everything is contextual.

QUESTION 3

A counselor who chooses their theory and techniques in order to match the client's attributes, resources, and situation is called:

- A. eccentric
- B. eclectic
- C. holistic
- D. informal

Correct Answer: B

The eclectic approach can be quite successful. Most counselors using this approach still adhere to one or two main



counseling theories, but draw techniques from many different theories. A counselor using a holistic approach would consider the person as a whole (body, mind, emotions, spirit) rather than the separate parts when meeting with a client.

QUESTION 4

Which is the correct order of Tucker and Jensen's stages of group development?

- A. performing, forming, storming, norming, adjourning
- B. norming, forming, storming, performing, adjourning
- C. forming, storming, norming, performing, adjourning
- D. forming, norming, storming, performing, adjourning

Correct Answer: C

Tucker and Jensen described 5 stages of group development. In the forming stage, the group is coming together and rules are being established. Group members are typically polite to each other. During the storming stage, challenges often arise. Groups members may butt heads and test boundaries. In the norming stage, group members have developed a sense of unity and worked out their conflicts. They are also supportive of leadership. During the performing stage, the group is making progress toward their goals. Leaders are helping group members advance their skills and competencies. The adjourning stage is sometimes referred to as 'mourning' when a group is high functioning and has developed a strong sense of unity. The inevitable end can seem bittersweet.

QUESTION 5

Which career theorist talked about life roles?

- A. Ginzberg
- B. Holland
- C. Parsons
- D. Super

Correct Answer: D

Super talked about the life roles of: child, student, homemaker, leisurite, citizen and worker.

QUESTION 6

A counselor sets her monthly fees for consultation on a job-by-job basis. Which of the following reinforcement schedules is this an example of?

- A. variable ratio
- B. fixed ratio
- C. fixed interval



D. variable interval

Correct Answer: A

A variable ratio schedule is when a reward occurs after an unpredictable amount of responses and typically provides a high rate of response. The counselor's rate is unpredictable from one job to the next. A fixed ratio schedule occurs when a response is reinforced after a set number of responses. Fixed interval schedules reinforce the response only after a certain amount of time has passed. Variable interval schedules reinforce the response after an unpredictable amount of time has gone by.

QUESTION 7

Crites is the researcher that first described the concept of "career maturity".

- A. True
- B. False

Correct Answer: B

Career maturity was first mentioned by Donald Super and is the degree to which people are prepared to make good educational and vocational choices. Crites created the Career Maturity Inventory based on Donald Super's theory of career development.

QUESTION 8

You are a licensed professional counselor with a Master's degree in Counseling and a doctorate (PhD) in Technology and Operations Management. On your appointment cards for clients, the most appropriate way to list yourself is:

- A. Jane Doe, MA, LPC
- B. Dr. Jane Doe, LPC
- C. Jane Doe, PhD
- D. Dr. Jane Doe, PhD, LPC

Correct Answer: A

According to the ACA Code of Ethics, when acting in a counselor context, counselors may only use their highest degree earned in counseling, and should not imply doctorate-level competence unless their doctorate degree is in a clinical or related field.

QUESTION 9

When present in females, the Oedipus Complex is referred to as the:

- A. Electra Complex
- B. Feelings of Reciprocity



C. Electric Complex

D. Oedipa Complex

Correct Answer: A

Freud described the Oedipus Complex as a stage when a boy develops feelings of desire for his mother and has feelings of anger and jealousy toward his father. The Electra Complex is when a girl develops feelings of desire for her father and has feelings of anger and jealousy toward her mother.

QUESTION 10

You are using the ABC model of cognitive therapy. Which model are you trying to promote in your clients after a negative event?

A. Negative Event leads to irrational belief leads to positive thought

B. Negative Event leads to rational belief leads to healthy negative thought

C. Negative Event leads to irrational belief leads to unhealthy negative thought

D. None of the above

Correct Answer: B

Albert Ellis developed the ABC model to help replace unhealthy, irrational beliefs with rational ones following a negative event.

QUESTION 11

This publication provides key information about a job, including training needed, salary, job outlook, etc.

A. NBCC

B. ACA

C. ASCA

D. OOH

Correct Answer: D

The Occupational Outlook Handbook (OOH) is published by the U.S. Department of Labor and contains statistics and information for hundreds of different jobs. NBCC stands for the National Board for Certified Counselors; ACA is the American Counseling Association; ASCA is the American School Counselor Association.

QUESTION 12

According to Piaget's stages of moral judgment, a child younger than age ten will think which of the following is worse?



- A. Someone who was trying to help his mother set the table and broke five dishes.
- B. Someone who was stealing a cookie from the cookie jar when he wasn't allowed, and knocked over a cup that broke.
- C. Someone who did not control the dog who jumped up on the table and pulled down a glass full of water, which broke.
- D. Someone who accidentally dropped a dinner knife which could have hurt someone if they would have stepped on it.

Correct Answer: A

Piaget saw moral judgment broken into two age brackets: below and above age ten. Those under age ten tended to judge wrong-doings by the amount of damage caused rather than the intention behind the act. Hence, even though the person in answer A had the best intentions, he broke more dishes and, therefore, is seen as more wrong. Since the person stealing only knocked over one cup, it is not viewed as bad as breaking five dishes.

QUESTION 13

Cultural norms:

- A. measure conduct
- B. describe how people belonging to a certain group are supposed to act
- C. show how to interact with someone from another culture
- D. were first described by Freud

Correct Answer: B

While understanding cultural norms may help you understand the behavior and actions of someone from another culture, thereby making it easier to interact with that person, they do not provide a roadmap showing how to interact.

QUESTION 14

John and Carol took the same test. John got a score of 87 and Carol got a score of 73. To determine if the differences in scores is the result of chance, a counselor would need to know which of the following characteristics of the test?

- A. Standard error of the mean
- B. Standard deviation
- C. Mean
- D. Standard error of measurement

Correct Answer: D

Standard error of measurement estimates where an individual's scores would fall if given the same assessment over a period of time. Standard error of the mean is the variability of the sample means while standard deviation is a measure telling the amount of variation of a set of data points.



QUESTION 15

Of the following, which is NOT a curative factor of group, as outlined by Yalom?

- A. Universality
- B. Instillation of hope
- C. Intrapersonal learning
- D. Group cohesiveness

Correct Answer: C

Interpersonal learning, not intrapersonal learning, is a curative factor. Interpersonal learning occurs when a person tries out new behaviors in group. Group is seen as a microcosm of the real world.

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