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QUESTION 1

A dog is trained to salivate at the ringing of a bell. What form of conditioning is this?

- A. Classical Conditioning
- B. Operant Conditioning
- C. Reinforcement Conditioning
- D. None of the above

Correct Answer: A

Classical conditioning occurs when two stimuli are repeatedly paired. In this case, the two stimuli were the ringing of the bell and the treat. Operant conditioning occurs when there are rewards and punishments associated with learning.

Reinforcement is a term associated with operant conditioning.

QUESTION 2

The mean, median and mode are not at the same point on a normal curve.

- A. True
- B. False

Correct Answer: B

The normal curve is symmetrical. Therefore, there's an equal number of values greater and lower than the peak, which then average out to be the mode, median and mean.

QUESTION 3

All humans have a five-stage sleep cycle and all cycle through the stages in the same order. Choose the correct sequence.

- A. Stage 1, Stage 2, Stage 3, Stage 4, Stage 5
- B. Stage 1, Stage 2, Stage 1, Stage 3, Stage 5, Stage 4
- C. Stage 1, Stage 2, Stage 3, Stage 4, Stage 1, Stage 2, Stage 5
- D. Stage 1, Stage 2, Stage 3, Stage 4, Stage 3, Stage 2, Stage 5

Correct Answer: D

Sleep does not progress through all of these stages in sequence, however. Sleep begins in Stage One and progresses



into stages Two, Three, and Four. Then, after Stage Four sleep, Stages Three, then Two are repeated before going into REM sleep. Once REM is over, we usually return to Stage Two sleep. Sleep cycles through these stages approximately 4 or 5 times throughout the night.

QUESTION 4

Which of the following is true about counseling within a cultural context?

- A. Behaviors cannot be measured as accurately.
- B. Personal identity becomes more clearly defined.
- C. The consequences of problems are more ambiguous.
- D. Counseling interviews hold less meaning.

Correct Answer: B

Personal identity becomes more clearly defined within a cultural context. Furthermore, behaviors are measured more accurately, consequences of problems are more obvious and counseling interviews are more meaningful when held within a cultural context. When a counselor counsels within a cultural context, the clients will be able to relate to what the counselor is saying and will be able to view themselves and self-reflect.

QUESTION 5

One of the first formal therapeutic groups was held by:

- A. Joseph Pratt
- B. Carl Rogers
- C. Irv Yalom
- D. Wilfred Bion

Correct Answer: A

In 1905, Joseph Pratt, a medical doctor from Boston, gathered a group of patients with tuberculosis in order to educate them. The rest are all group theorists of later years. Rogers is often referred to as the "father of counseling psychology".

Yalom developed a list of therapeutic factors in group therapy. Bion was a British psychoanalyst.