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National Counselor Examination

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QUESTION 1

Despite its age, Kohlberg's Theory of Moral Development is still in widespread use. Which of the following is the final level in the theory?

- A. Personhood
- B. Principled thought
- C. Self-actualization
- D. None of the above

Correct Answer: B

Principled thought comes after moving through the 6th stage, which Kohlberg believed few people actually reached. Self-actualization is the highest level of development one can reach according to Abraham Maslow's hierarchy of needs.

QUESTION 2

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 3

A counselor has designed his career counseling group in such a way that it presents a "field and levels" approach to careers. Whose theory is he following?

- A. Holland
- B. Super
- C. Tiedeman
- D. Roe

Correct Answer: D



Roe's theory consists of 8 fields (Service, Business Contact, Organization, Technology, Outdoor, Science, General Culture, and Arts and Entertainment) and 6 levels (professional and managerial, levels 1 and 2; semiprofessional and small business, level 3; skilled, level 4; semiskilled, level 5; and unskilled, level 6). Holland created the Holland Codes: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional (RIASEC). Super's theory of career development includes the concept of self-concept and 5 stages of career development: Growth, Exploration, Establishment, Maintenance, and Decline.

QUESTION 4

Jerry hears a fellow group member say, "I am really struggling with this divorce. I can't see my way to the other side sometimes. It seems like I'll never feel better." Jerry just experienced a relationship break-up himself, which spun him into a depression. Though the group member's situation is unfortunate, Jerry feels a little better hearing about it. Jerry is experiencing which curative factor of group therapy?

- A. Imitative behavior
- B. Imparting information
- C. Instillation of hope
- D. Universality

Correct Answer: D

Jerry is experiencing universality, when a member feels relief that they are not alone and that others share similar problems. He is not adapting another member's coping strategy, so it is not imitative behavior. Instillation of hope creates a feeling of optimism, which is not mentioned.

QUESTION 5

When you see the letter P in relation to a test of significance, it means:

- A. Probability
- B. Possibility
- C. Positive
- D. Psychoanalysis

Correct Answer: A

Most researchers use a P value of .05 as a cutoff for significance. If it is less than .05, the null hypothesis is rejected and it is concluded significance does not exist.