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National Counselor Examination

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QUESTION 1

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 2

Self-report tests like the BDI:

- A. Consistently and accurately measure its intended criterion regardless of internal or environment factors
- B. Depend much on the present state of the person taking it
- C. May not always be accurate
- D. Both b and c

Correct Answer: D

Self-report tests by their very nature make accuracy difficult. They can be useful tools to assess current symptoms, however, and can be administered multiple times to gauge changes (i.e. after several months in therapy or a certain amount of time on a new medication).

QUESTION 3

Jeremy, during intake, told you that he really enjoys his job as a watch repair man. His strong Interest Inventory would probably indicate a high score in which of the following?

- A. Investigative
- B. Conventional
- C. Realistic
- D. Social

Correct Answer: C



Those who score high in the realistic category enjoy working with machines. They are doers. Those who have high scores for investigative are thinkers, conventional are organizers, and social are helpers.

QUESTION 4

What is one of the most important hallmarks of the Formal Operations stage of cognitive development?

- A. The ability to make rational judgments without concrete objects
- B. The ability to reason deductively
- C. The ability to plan for the future
- D. All of the above

Correct Answer: D

The Formal Operational stage is the last of Piaget's stages, beginning in early adolescence and lasting until adulthood, and is characterized by abstract concepts.

QUESTION 5

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.

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