

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

National Counselor Examination

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## QUESTION 1

What does RIASEC stand for?

- A. Realistic, Instigating, Artistic, Social, Enterprising, Conventional
- B. Realistic, Investigative, Artistic, Social, Enterprising, Conventional
- C. Reformed, Investigative, Artistic, Social, Enterprising, Conventional
- D. Realistic, Inquiring, Artistic, Social, Enterprising, Committed

Correct Answer: B

Career theorist John Holland developed these 6 categories describing different work environments. He believed an individual's personality needed to match their work environment in order to maximize happiness and success.

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## QUESTION 2

A counselor that decides his consultancy fee job-by-job instead of setting a standard rate is using a variable-ratio reinforcement schedule.

- A. True
- B. False

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.

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## QUESTION 3

The fact that a group decision will be less conservative than a decision made by an individual can be explained by which of the following concepts?

- A. Bystander apathy
- B. Risky shift phenomenon
- C. Skepticism
- D. Conditioning

Correct Answer: B

Risky shift phenomenon is part of social psychology and a form of group polarization. This is related to deindividuation which occurs when a person in a group loses some of their self-identity leading to a loss of restraint and self-awareness.

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Bystander apathy is another term from social psychology and occurs when individuals assume that, since there are other people around, someone else has already taken action to help.

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#### QUESTION 4

Behavioral reinforcers always raise behavioral probability.

- A. True
- B. False

Correct Answer: A

The purpose of reinforcers is to increase the likelihood that a specific behavior will occur following a stimulus.

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#### QUESTION 5

Talking about difficulties to purge them is a curative process known as:

- A. Catharsis
- B. Problem solving
- C. Release
- D. Sounding off

Correct Answer: A

While Aristotle was the first to describe catharsis, it was the psychoanalyst Josef Breuer who first used it as a technique. He found that while recalling traumatic experiences under hypnosis, his clients experienced relief after expressing the repressed emotions.

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