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QUESTION 1

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 2

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. 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.

QUESTION 3

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 4

Your patient enters your session excited about the New Age therapy you tried last session. She had brought in an article, and because of her enthusiasm and the fact that it did not require any new training, you had agreed to give it a try. She asks you to continue during this session, but you have done your homework: it's been proven ineffective and, in a select few clients, the condition was slightly worsened. You validate your patient, noting how glad you are that she's excited to try something new. Then you tell her that, unfortunately, you won't be able to continue with these types of treatments. With this act, you are expressing:

- A. Anti-Consumerism
- B. Beneficence
- C. Exploitation
- D. Non-Maleficance

Correct Answer: D

Non-maleficance" is refraining from providing ineffective treatments or acting with malice towards a patient. "Anti-consumerism" is incorrect because is not a therapeutic or ethical term. "Beneficence" is incorrect because it means that you take actions to benefit others. "Exploitation" is incorrect because it is a therapist's misuse of power to influence and exploit clients for their own benefit and to the clients' detriment.

QUESTION 5

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 6

How many stages are there of moral reasoning, according to Kohlberg?

- A. Two
- B. Six
- C. Eight, paralleling Erikson's stages of psycho-social development
- D. None; Kohlberg's theory is on self-actualization

Correct Answer: B

Kohlberg's stages have three levels (pre-conventional, conventional and post-conventional) and six stages: 1. obedience and punishment orientation 2. individualism and exchange 3. good interpersonal relationships 4. maintaining the social order 5. social contract and individual rights 6. universal principles.

QUESTION 7

One of your clients who is a minor comes into your office with visible bruising and you suspect abuse. You should:

- A. Call the child abuse hotline to report the incident.
- B. Tell his parents to stop abusing him.
- C. Try to prove it.
- D. Ask lots of questions to lead your client to confide the abuse to you.

Correct Answer: A

It is very important for counselors to follow through with reporting abuse, especially since they are mandated reporters. This is one of the instances when breaking confidentiality is warranted. It is not the counselor's job to get more information from the client in order to try to prove abuse occurred. If a counselor has the suspicion that abuse occurred, they need to report. In some instances, counselors do choose to let the parent know a report had to be made, but that is not required.

QUESTION 8

What type of partial reinforcement produces the best response to stimuli?

- A. Fixed-ratio Schedules
- B. Variable-ratio Schedules
- C. Fixed-interval Schedules
- D. Variable-Interval Schedules

Correct Answer: B

A variable ratio schedule is when a reward occurs after an unpredictable amount of responses and typically provides a high rate of response. 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 9

Developmental career theorists view career choice as:

- A. stable
- B. fixed
- C. ongoing
- D. optimistic

Correct Answer: C

While this may not lead to an individual changing their career, developmental theorists believe an individual's career choice is ongoing. It is a lifelong process where individuals search, evaluate, and process information about themselves and the world around them to figure out where they fit.

QUESTION 10

If a counselor's role changes from a nonforensic evaluative role to a therapeutic role, the client must be informed of the change as a matter of _____.

- A. confidentiality
- B. treatment
- C. informed consent
- D. assessment

Correct Answer: C

Informed consent is a process of getting permission before conducting a healthcare intervention on a person. Informed consent needs to occur before treatment.

QUESTION 11

Which test measures key personality factors?

- A. WISC
- B. WAIS
- C. MBTI
- D. 16PF

Correct Answer: D

The 16 Personality Factor Questionnaire (16PF) is a self-report personality test developed using several decades worth of empirical research. Cattell and his associates set to measure the following personality factors: warmth, intellect, emotional stability, aggressiveness, liveliness, dutifulness, social assertiveness, sensitivity, paranoia, abstractedness, introversion, anxiety, open mindedness, independence, perfectionism, tension. The Myers Briggs Type Inventory is a self-report personality inventory which indicates how people perceive the world and make decisions. The WISC and the WAIS are tests designed to measure cognitive intelligence.

QUESTION 12

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.

QUESTION 13

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 14

_____ results when ideal standards are violated. According to Freud, this is a function of the _____.

- A. Guilt, ego
- B. Anger, ego
- C. Guilt, superego

D. Shame, id

Correct Answer: C

The superego sets ideal standards and guilt results when we violate them.

QUESTION 15

Which is NOT an example of a Computer Assisted Career Guidance System (CACGS)?

A. SIGI Plus

B. Choices

C. Indeed

D. Discover

Correct Answer: C

SIGI Plus, Choices, and Discover are all types of CACGS. CACGS is a term used to describe a computer program that combines career assessment, information, and guidance all into one system. Indeed is a popular job search website.

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