

**ELECTIVE COURSE-3 (EC 3)**  
**GUIDANCE & COUNSELLING**

1. Which one of the following is a characteristic of Counselling?
  - a. one way sermonizing or advising
  - b. it's a two way dialogue
  - c. only intellectual attitudes involved
  - d. develops a feeling of inferiority
  
2. The first source of guidance is:
  - a. School
  - b. Society
  - c. Home
  - d. World
  
3. An individual may be in need of counseling:
  - a. Only at the primary stage
  - b. Only in adolescence
  - c. As an adult for work and relationships
  - d. At all stages of life
  
4. One of the following is not a type of counseling:
  - a. Personal
  - b. Directive
  - c. Non-directive
  - d. Eclectic
  
5. This type of guidance is related to every aspect of education-the curriculum, the methods of instruction, other curricular activities, disciplines etc.
  - a. Educational guidance
  - b. Vocational guidance
  - c. Personal guidance
  - d. Individual guidance

6. The principle of extinction assumes that emotional problems can be:
  - a. Unlearned
  - b. Removed from your mental lexicon
  - c. Derived from childhood experiences
  - d. Become only the past
  
7. In the Analysis step, the counsellor does not collect information about the individual through:
  - a. structured interviews
  - b. psychological case history methods
  - c. participatory observation
  - d. Interaction with family members
  
8. In directive counseling follow up is extremely important because
  - a. new problems may not occur at all
  - b. the original problem may not re-occur
  - c. he has to make the individual understand and accept his strength and also his weakness and faults
  - d. the individual may not be able to solve immediate problems
  
9. Which of the following is an advantage of Directive Counseling?
  - a. The counselee is less able to solve new problems of adjustment
  - b. Students who lack experience are easily influenced by the counselor's specialized knowledge
  - c. The counselee is unable to make decisions
  - d. The counselee becomes easily dependent
  
10. One of the below is a disadvantage of Non-directive Counselling:
  - a. It helps the counselee to become independent and self-reliant
  - b. It helps to attain the ability for self-direction
  - c. It helps only the matured and intelligent counselee
  - d. It helps to attain more sustainable adjustment to his situation

11. The 'Commitment to action' stage is characterized by:
- Client becomes self aware and tries some new behavior
  - Mutual acceptance of diagnosis of the problem
  - Counsellor promotes trust in the client
  - If required more tests are used to further explore into clients intellectual
12. Which ONE of the following methods is included in strategies that aid in data gathering?
- Attending & encouraging
  - Self-disclosure
  - Probing & leading
  - Confrontation
13. What is defined to be a condition in which a person develops intense cravings for the substance and the inability to control their behaviors in regards to obtaining and using it?
- Use
  - Abuse
  - Addiction
  - Dependence
14. Adolescents can be helped to overcome the problems of technology induced networking by:
- Demeaning them in front of everyone
  - Being firm and strict with them
  - Giving them assignments as punishments
  - Making friends with them and becoming a real support system
15. REBT therapists don't strive to help their clients develop:
- unconditional self-acceptance
  - unconditional other-acceptance and
  - conditional self-acceptance
  - unconditional life-acceptance

16. Academic stress cannot make the student:
- anxious
  - nervous
  - relaxed
  - panicky
17. Active listening does not involve:
- Evaluative listening
  - Listening with empathy
  - interpreting the client's nonverbal messages
  - understanding the client's verbal messages
18. One of the following is not a hindrance to listening:
- Filtered listening
  - Sympathetic listening
  - Empathetic listening
  - Evaluative listening
19. Lectures or talks, demonstrations, role-plays & orientation classes are strategies for which type of guidance?
- Individual
  - Vocational
  - Group
  - Personal
20. Open questions used by the counsellor encourage the client:
- to speak during counseling
  - to give only yes/ no type answers
  - to feel sorry for oneself
  - to feel upset about the process

21. The Rorschach inkblot test is a
- Aptitude test
  - Interest test
  - Personality test
  - Intelligence test
22. Responding by the counselor is necessary throughout all stages of a counselling interview but not:
- to clarify and encourage clients' stories
  - to bring out underlying feelings
  - to confirm with the client that they are being heard correctly
  - to find immediate solutions
23. During the counseling process for Substance abuse the client may be suggested:
- Respond differently when confronted with such substances
  - Avoid high-risk situations where such substances will be present
  - To take the substances for the last & final time
  - Rearrange the group which encourages such substance abuse
24. One of the following is not successful utilization of Person-Centered Counseling:
- The person comes to see him differently
  - He accepts himself and his feelings more fully
  - He becomes self-confident & self-directing
  - He denies confronting any more problems
25. This device is a conversation with a purpose. The main purpose is fact-finding where a set of questions are asked to find out the responses:
- Case study
  - Observation
  - Interview
  - Rating scale