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National Counselor Examination

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QUESTION 1

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.

QUESTION 2

Carl Jung's Theory of Archetypes is still very influential, and several of them are listed below. Choose the one that is not correct.

- A. The Shadow
- B. The Hero
- C. The Wise Old Woman
- D. The Self-Made Person

Correct Answer: D

The Shadow represents sex and life instincts and consists of repressed ideas and desires. The Hero represents a champion defender. The Wise Old Woman is helpful and a symbol of female nature.

QUESTION 3

Suppression and repression are different because:

- A. suppression is involuntary
- B. repression is involuntary
- C. they are not different
- D. repression is voluntary

Correct Answer: B

In psychoanalysis, repression is when upsetting memories are kept out of the conscious mind. Throughout therapy, using free association, psychoanalysts try to help uncover repressed memories and feelings. Suppression is when a

person knowingly tries not to think or feel a certain way.

QUESTION 4

Your supervisor suggests that you give your client a Beck's Depression Inventory (BDI) Test. This is a(n) _____.

- A. aptitude test
- B. intelligence test
- C. self-report test
- D. achievement test

Correct Answer: C

Tests that measure criterion based on a patient's report are called self-report tests. The BDI does not measure aptitude, intelligence or achievement.

QUESTION 5

If a child is learning to use abstract concepts, which of Piaget's stages is she in?

- A. Preoperational
- B. Sensorimotor
- C. Concrete
- D. Early Adolescence

Correct Answer: D

Typically around the age of 11 or 12, children are moving into the Formal Operational Stage where they are learning to think about abstract concepts. The Concrete Operational Stage is characterized by applying logic.

QUESTION 6

The mean, median and mode are not at the same point on a normal curve.

- A. True
- B. False

Correct Answer: B

The normal curve is symmetrical. Therefore, there's an equal number of values greater and lower than the peak, which then average out to be the mode, median and mean.

QUESTION 7

Joannie is a part of a research experiment monitoring energy level and depression. She becomes pregnant and tells you that she has been very fatigued. Her tiredness is:

- A. A dependent variable
- B. An intervening variable
- C. A correlate
- D. All of the above

Correct Answer: B

Intervening variables are variables that may alter the outcome of a research experiment. They are difficult to control for. Other examples include motivation and boredom.

QUESTION 8

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 9

An advantage of having coleaders for a group is:

- A. If one leader is unable to be there for the meeting, it does not have to be canceled.
- B. The leaders can process their own feelings with each other in between sessions.
- C. The leaders can be more observant of group dynamics.
- D. All of the above

Correct Answer: D

As long as the coleaders get along and adhere to a similar theoretical approach and vision for the group, having coleaders can provide multiple benefits for group members.

QUESTION 10

Nathan has been working on cutting down on drinking. He tells you he passed a state store and found my car pulling itself into the lot. He denies giving much conscious thought to it. Nathan is describing the workings of:

- A. The superego
- B. The id
- C. The ego
- D. The conscious mind

Correct Answer: B

According to Freud, the id is present at birth and is part of the unconscious. It is impulsive, not rational, and moves towards pleasure and away from pain. The superego is made up of the conscience and ideal self and incorporates society's values and norms. The ego uses a rational process to solve problems and meet the id's demands while satisfying the superego.

QUESTION 11

Which theorist spoke of social connectedness?

- A. Freud
- B. Jung
- C. Adler
- D. Skinner

Correct Answer: C

Social connectedness is the measure of how an individual is connected to and takes interest in the wellbeing of others. Adler believed when people reached a level of social connectedness, they would feel successful and happy. The other theorists mentioned above adhered more toward an individualistic explanation of success and happiness.

QUESTION 12

The most valuable type of research is the:

- A. correlational study
- B. experiment
- C. survey
- D. descriptive narrative

Correct Answer: B

The experiment is the most powerful research method because it is the only design that examines a single factor's effect on a particular behavior. Therefore, it is the only method where a direct cause and effect relationship can be established. While correlational studies can show if 2 variables are related and how strong the relationship is, it is important to remember correlation does not equal causation.

QUESTION 13

You are a licensed professional counselor with a Master's degree in Counseling and a doctorate (PhD) in Technology and Operations Management. On your appointment cards for clients, the most appropriate way to list yourself is:

- A. Jane Doe, MA, LPC
- B. Dr. Jane Doe, LPC
- C. Jane Doe, PhD
- D. Dr. Jane Doe, PhD, LPC

Correct Answer: A

According to the ACA Code of Ethics, when acting in a counselor context, counselors may only use their highest degree earned in counseling, and should not imply doctorate-level competence unless their doctorate degree is in a clinical or related field.

QUESTION 14

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 15

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.

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