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Topic Break Down

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QUESTION NO: 1

Culture can be defined as:

- A. values a group shares and learns from other members of the group
- B. attitudes, beliefs, art, and language specific to a group
- C. customs shared by a group which are different from those in another group
- D. All of the above

ANSWER: D

Explanation:

Culture is a broad term used to describe the social behavior and norms found in human societies and therefore, a, b, and c are all part of the definition. An overly simplified way of thinking about culture is as a way of life for certain groups.

QUESTION NO: 2

A counselor has designed his career counseling group in such a way that it presents a "field and levels" approach to careers. Whose theory is he following?

- A. Holland
- B. Super
- C. Tiedeman
- D. Roe

ANSWER: D

Explanation:

Roe's theory consists of 8 fields (Service, Business Contact, Organization, Technology, Outdoor, Science, General Culture, and Arts & Entertainment) and 6 levels (professional and managerial, levels 1 and 2; semiprofessional and small business, level 3; skilled, level 4; semiskilled, level 5; and unskilled, level 6). Holland created the Holland Codes: Realistic, Investigative, Artistic, Social,

Enterprising, and Conventional (RIASEC). Super's theory of career development includes the concept of self-concept and 5 stages of career development: Growth, Exploration, Establishment, Maintenance, and Decline.

QUESTION NO: 3

Which of the following kinds of therapy seeks to help clients find their answers to questions such as: Why am I here? Is this all there is? Why do people suffer?

- A. Cognitive Behavioral
- B. Holistic Health
- C. Existential
- D. Client Centered

ANSWER: C

Explanation:

Existential therapy centers on the client, rather than the symptom, in its focus on free will, self-determination, and the search for meaning. It is not client-centered therapy because in this approach, therapists allow the clients to steer the conversation in an effort to get them to better understand themselves and others. Cognitive behavioral therapy tries to treat problems and boost happiness by modifying emotions, behaviors, and thoughts. Holistic health therapy focuses on integrating the body, mind, spirit, and emotions.

QUESTION NO: 4

About how old is the child in question 5?

- A. Three
- B. Twelve
- C. One
- D. Eight

ANSWER: B

Explanation:

Children typically move into the Formal Operational Stage around the age of 11 or 12.

QUESTION NO: 5

Crites is the researcher that first described the concept of "career maturity".

- A. True
- B. False

ANSWER: B

Explanation:

Career maturity was first mentioned by Donald Super and is the degree to which people are prepared to make good educational and vocational choices. Crites created the Career Maturity Inventory based on Donald Super's theory of career development.

QUESTION NO: 6

Holland's trait-factor theory matched which of the following together?

- A. Gender traits with personality traits
- B. Professional traits with earning power
- C. Personality traits with job requirements
- D. Personality traits with intelligence level

ANSWER: C**Explanation:**

Holland matched individual traits with environment traits.

QUESTION NO: 7

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

ANSWER: D**Explanation:**

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 NO: 8

Personality tests or interest inventories measure:

- A. goals
- B. maximum performance
- C. typical performance
- D. academic potential

ANSWER: C

Explanation:

Typical performance shows how someone will perform on a regular basis. Maximum performance shows how someone will perform when exerting as much effort as possible (such as when a person is being observed).

QUESTION NO: 9

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

ANSWER: D

Explanation:

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 NO: 10

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

ANSWER: B

Explanation:

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.