# *Transformed School Counselor 3rd edition Stone Test Bank*

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# TRUE/FALSE

1 : Individual counseling in schools requires prior approval by the school administration.
A : true
B : false

Correct Answer : B

2 : Questioning is both an art and a technique and must be developmentally appropriate for the age and maturity of the student.
A : true
B : false

Correct Answer : A

3 : School counselors provide counseling to help students heal deep emotional wounds.
A : true
B : false

Correct Answer : B

# MULTIPLE CHOICE

4 : Which of the following is not a focus of counseling in schools?
A : Prevention
B : Intervention
C : Assisting with mild disorders in educational or developmental settings
D : Conducting in-depth psychotherapeutic intervention
E : Engaging students in dealing with personal, social, emotional, career, and educational decisions and behaviors

Correct Answer : D

5 : School counselors will refer students to a mental health professional in an agency, clinic or private practice setting when _____.
A : There is a schedule change and the student can no longer commit to weekly therapy sessions
B : Their needs go beyond the scope of practice of a school counselor
C : It is clear that medication for the student is needed
D : Teachers recommend the referral
E : A district hearing is held

Correct Answer : B

6 : Which of the following is not a technique of Gestalt theory?
A : Catching oneself
B : Empty chair
C : Dream work
D : Confrontation
E : I Take Responsibility

Correct Answer : A

7 : Person-centered counseling works well when treating students who _____.
A : Exhibit severe emotional disturbances and are violent
B : Are substance abuse dependent
C : Are in the primary grades, up to age 8
D : Can devote a bulk of time to the exploration of deep issues
E : Exhibit mild to moderate anxiety and adjustment and interpersonal disorders

Correct Answer : E

8 : What are the three main approaches in behavior therapy?
A : Confrontation, role play and time out
B : The stimulus-response model, applied behavior analysis and social-cognitive theory
C : Enactment of fantasies, role play and psychodrama
D : The empty chair, making the rounds and I take responsibility
E : Evaluation, direction and planning

Correct Answer : B

9 : According to Glasser, which of the following is not among the criteria for healthy behavior that a person must seek?
A : It is easily completed
B : It is highly self-critical
C : It is individually driven
D : It improves lifestyle
E : It has value

Correct Answer : B

10 : Rational emotive behavior therapy (REBT) is intended to help people live balanced, productive and more rational lives by _____ .
A : A deep and lengthy exploration of motives and unconscious desires
B : Limiting the demands that one makes on oneself
C : Extinguishing maladaptive behaviors through hypnosis
D : Examining all behaviors and how they relate to social interest and success
E : The constant use of confrontation

Correct Answer : B

11 : The psycho-educational model of cognitive behavior theory includes four steps. Which of the following is not included in the model?
A : Identifying or observing what the behavior or presenting problem is
B : Taking a developmental history
C : Establishing specific goals
D : Analyzing the best method for change
E : Deciding on the best method of change and implementing the course of action

Correct Answer : E

12 : The Existential approach teaches clients to shift the process of thinking from
A : An outward to an inward approach

B : A process of feeling
C : Concerns about unconscious drives to action-oriented decision-making
D : An inward to an outward approach
E : Theoretical to concrete

Correct Answer : A

13 : Which of the following statements does NOT characterize solution-focused counseling?
A : It is more important to focus on students strengths and resources rather than weaknesses.
B : The problem must be completely understood before solutions can be developed.
C : Students often know what the solution is but may be unable to verbalize it.
D : Solutions are based on developing non-problem behavior.
E : There are many paths to achieve the same goal and all options should be explored.

Correct Answer : B

14 : Counseling is a continuous process and the stages are not necessarily_____ .
A : Pleasant
B : Predictable
C : Sequential
D : Lengthy
E : Understood

Correct Answer : C

15 : Relationship building starts:
A : When parents give consent for students to begin counseling
B : When the counselor has chosen a particular theoretical approach
C : After confrontation techniques are used
D : With the initial contact between counselor and student
E : When the student admits he/she has a problem and is no longer resistant

Correct Answer : D

16 : When working with students who show resistance to change and lack of commitment to the counseling process, counselors need to display _____ .
A : Patience and good humor
B : Unconditional acceptance and understanding
C : Their dissatisfaction and encourage the student to get started with the process
D : Empathy and agree that if the student is not interested in the process counseling should not begin
E : No reaction at all

Correct Answer : B

17 : Student responsiveness is greatly enhanced when the counselor establishes an atmosphere that is conducive for a counseling session. Which of the following is not part of setting the tone in a counseling setting?
A : Unconditional positive regard
B : Active listening
C : Attending
D : Empathy

E : Incongruence

Correct Answer : E

18 : Which of the following is not identified as one of the major goals that are at the heart of most counseling theories and models?
A : Facilitate a change in behavior
B : Improve social stature and economic success
C : Increase ones ability to cope
D : Learn and apply the decision-making process
E : Enrich personal growth and self-development

Correct Answer : B

19 : When exploring issues with students, counselors can use paraphrasing to:
A : Deliver a diagnosis and construct a treatment plan
B : Restate what was said using complex psychological language and terms
C : Capture the intent of both the content and the meaning
D : Change the students perception of the problem
E : Relay comments from teachers regarding the student

Correct Answer : C

20 : For most students, goals need to be clearly stated, positive in nature, and approached _____.
A : Very slowly
B : With a parents help
C : As quickly as possible
D : Like any other school assignment
E : In small increments

Correct Answer : E

21 : How is transitioning a student to independence most commonly undertaken?
A : A mutually developed transition plan will help the student assume independence and control
B : When parents no longer see the need for counseling and direct that it be stopped
C : It is understood that after 12 sessions, counseling is completed
D : When teachers and administrators agree that counseling is working
E : It occurs as the school year draws to a close

Correct Answer : A

22 : Appreciating diversity helps counselors to effectively develop a trusting relationship with students. Which of the following is not an example of diversity?
A : Assessment
B : Culture
C : Race
D : Learning ability
E : Disability

Correct Answer : A

23 : Counseling is a complex _____ in which the counselor establishes a trusting

and confidential working relationship with a student or groups of students.
A : Lengthy process
B : Emotional process
C : Psychological process
D : Helping process
E : Psycho-educational process

Correct Answer : D

# FILL IN THE BLANK

24 : _____ provide a point of reference from which the counselor develops a personal perspective of human growth, development, and behavior.

Correct Answer : Counseling theories

25 : _____ is a complex helping process in which the counselor establishes a trusting and confidential working relationship with a student or groups of students to help students set goals and make changes in behavior.

Correct Answer : Counseling

26 : _____ promotes the importance of wholeness and completeness in day-to-day living; emphasizes the present and supports the equation now = experience = awareness = reality; only the now exists, because the past is no more and the future has not yet revealed itself.

Correct Answer : Gestalt theory

27 : _____ stresses that each person is capable of finding personal meaning and purpose in life and that the self is an outgrowth of what a person experiences.

Correct Answer : Person-centered theory

28 : _____ is direct in style, structured, goal oriented, time limited, and focused on problem solving; it is a process in which clients are taught to identify, evaluate, and change self-defeating or irrational thoughts that negatively impact behavior.

Correct Answer : Cognitive behavioral therapy

29 : _____ brings awareness of being, responsibility, freedom, and potential to individuals; clients are taught to shift the process of thinking from outward to an inward approach to better understand the relationship between decisions and present and future actions.

Correct Answer : Existential theory

30 : _____ helps clients understand the need to be psychologically strong and make healthy, productive choices in their interpersonal and

intrapersonal relationships.

Correct Answer : Reality therapy

31 : _____ was developed by Alfred Adler, former disciple to Sigmund Freud, and suggests that personality difficulties are rooted in feelings of inferiority and are derived from an individuals need for self-assertion; concentrates on the concept that social interest derives behavior.

Correct Answer : Individual psychology

32 : _____ promotes the premise that all behavior is learned and that learning is effective in changing maladaptive behavior.

Correct Answer : Behavioral approach

33 : Changing the doing of the problem is a _____ technique that invites students to do something different in relationship to the problem and evaluate the positive and/or negative consequences of the change

Correct Answer : behavioral technique

# ESSAY

34 : Choose two theories that are used in counseling with minors in a school setting. First, describe the main principles of the theory; second, explain what kind of students would benefit most from this approach; third, describe some techniques that school counselors use when putting the theory into practice. Salient Points to Consider a. Identify a theory that you think works well in a schools setting b. Summarize the important concepts c. Describe the student population which will benefit and why d. Select techniques that will work best with the student population you selected. e. Repeat this process to select/describe a second theory.

Correct Answer : Answers May Vary?

35 : Describe the stages in the counseling process that give school counselors a structure when applying skills, theories, and techniques. Salient Points to Consider a. Explain the counseling process, where it begins, and what its purpose is. b. Connect each of the stages in counseling to specific techniques such as establishing a relationship and the importance of attending with students.

Correct Answer : ?Answers May Vary