

EBS 338: INTRODUCTION TO GUIDANCE AND COUNSELLING

Answer all questions by circling the correct option/providing appropriate response to the question.

1. The fundamental goal of counselling is to
 - a. acquire what one desires.
 - b. bring about change in behaviour.
 - c. excel academically.
 - d. help individual earn a living.

2. Which of the following statements is best for a distinction between Guidance and Counselling?
 - a. can be done by anyone but counselling can be done by experts.
 - b. deals with persons and objects but counselling deals with persons only.
 - c. does not require a purpose but counselling addresses a need.
 - d. is continuous but counselling is done once.

3. Mr. Gyasi organizes an on-going guidance program at Presby Basic School to facilitate the pupils' emotional stability and better adjustment. What type of guidance service is that?
 - a. follow-up service
 - b. orientation service
 - c. formative evaluation
 - d. counselling

4. Which of the following is not a method used for appraising pupils/students?
 - a. observation
 - b. autobiography
 - c. aptitude test
 - d. field trip

5. It is the guidance service which helps to determine the effectiveness of the programme in the light of the attainment of pre-set priorities and goals
 - a. follow up
 - b. information
 - c. evaluation
 - d. Placement

6. Which of the following guidance services would a counsellor make use of in order to get help a third party such as a student?
- Consultation
 - Counselling
 - Follow up
 - Information
7. The service which involves directing a client to another professional for assistance is called
- appraisal service
 - consultation service
 - counselling service
 - referral service
8. Guidance is encouragement and an opportunity to change and grow, demonstrates which principle of guidance?
- Guidance emphasis the positive.
 - Guidance is concerned primarily and systematically with the personal development of the individual.
 - Guidance is based upon the dignity and worth of the client.
 - Guidance is a team effort.
9. Which one of the following is **not** a role of a school counsellor in Appraisal Service?
- Helping counsellors evaluate the objectives of their guidance programmes.
 - Ensuring students understand the appraisal information
 - Seeing to it that available data are adequate for self-evaluation
 - Assisting students to interpret the information
10. For an effective interview, all the following should be present, **except**.....
- build a good rapport with the counsellee.
 - brief the interviewee about purpose and nature of the interview.
 - use results from psychological tests taken by the student.
 - Close the interview in a way counsellee would want to come back.
11. Which of the following is not a guidance service?
- Consultation
 - Orientation
 - Selection
 - Counselling
12. The hallmark of guidance is
- Co-operation
 - Confidentially
 - Genuineness
 - Needs Assessment
13. Guidance is for all ages implies that guidance is
- crisis oriented
 - differential oriented
 - developmental oriented
 - remedial oriented

14. Counselling is usually initiated
- a. Parent
 - b. Teacher
 - c. Counsellor
 - d. Client
15. Counselling is affective implies that it deals with.....
- a. personal issue
 - b. cognition
 - c. knowledge
 - d. Feelings
16. Which of the following is a misconception about counseling? Counselling is
- a. provided by a professional who is trained
 - b. for all students
 - c. the same as advice-giving
 - d. for problem solving
17. Counsellors usually use test results for.....
- a. referral
 - b. prediction
 - c. selection
 - d. classification
18. Pick the odd item out from the following counseling skills.
- a. Feeling
 - b. Questioning
 - c. Emphatic understanding
 - d. Listening
19. Which one of the following issues is not a psychosocial learning problem?
- a. Absenteeism
 - b. Pilfering
 - c. Punctuality
 - d. Rudeness

20. Counselling is open-ended and less structured means that
a problem shared is half solved and counselling process does not need to go through any steps and it is flexible.