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NBCC National Counselor Examination Sample Questions (Q145-Q150):

NEW QUESTION # 145

What term is used for the act a counselor displays when they set aside personal values to provide services for a diverse client?

- A. Developmental maturation
- B. Acculturation
- **C. Ethical bracketing**
- D. Countertransference

Answer: C

Explanation:

Within the CACREP Core Area of Social and Cultural Diversity, counselors are expected to demonstrate skills that allow them to work effectively with clients from diverse backgrounds. A key competency is the ability to avoid imposing personal values and to maintain an unbiased, respectful stance toward clients' cultural identities, beliefs, and worldviews.

* Ethical Bracketing (Correct Answer)Ethical bracketing refers to a counselor's intentional process of setting aside personal values, beliefs, or biases in order to provide competent, culturally responsive services. This aligns with ethical expectations that counselors:

- * Maintain value neutrality,
- * Avoid personal value imposition, and
- * Uphold client autonomy, dignity, and cultural uniqueness.Ethical bracketing is specifically encouraged as an important skill when working with diverse populations.
- * Countertransference (Incorrect)This refers to a counselor's emotional reactions toward the client, often based on the counselor's

unresolved issues. It is not about intentionally setting aside personal values; instead, it is a internal emotional process that must be managed during therapy.

* Acculturation (Incorrect) Acculturation refers to the process of adapting to a dominant or new culture, not the counselor's act of setting aside personal values during counseling.

* Developmental Maturation (Incorrect) This refers to normal growth processes across the lifespan. It has no direct connection to value management in counseling.

Because only ethical bracketing describes consciously setting aside personal values to serve clients without bias, A is the correct answer.

NEW QUESTION # 146

If there is only one correct answer to each item on a measure, it is a measure of

- A. Personality
- B. Self-concept
- C. Interest
- D. Ability

Answer: D

Explanation:

In the Assessment and Testing core area, counselors are expected to understand different types of tests, including the distinction between maximum performance measures (e.g., ability, aptitude, achievement) and typical performance measures (e.g., personality, interests, attitudes, self-concept).

* Ability tests (including aptitude and achievement) are designed so that each item has one correct answer. They measure how well a person can perform on tasks that have objectively right or wrong responses.

* Measures of personality, interest, and self-concept do not have right or wrong answers; they assess typical ways of thinking, feeling, behaving, or preferences.

Because the question states that each item has only one correct answer, this clearly describes a measure of ability, making B the correct answer.

NEW QUESTION # 147

Within the context of Minuchin's theory of family counseling, standards that govern behavior in families are determined primarily by

- A. Family hierarchy
- B. Socioeconomic status
- C. Genetics
- D. Family norms

Answer: D

Explanation:

In Counseling and Helping Relationships, especially in systemic and family counseling, Minuchin's structural family therapy focuses on:

* Family structure (patterns of interaction),

* Subsystems,

* Boundaries,

* Rules and norms that govern behavior.

The "standards that govern behavior" in a family-what is acceptable, expected, or prohibited-are best described as family norms (Option B). These norms shape how members interact, how power is distributed, and how roles are carried out.

* Family hierarchy (D) is one important aspect of structure (who has authority over whom), but the broader phrase "standards that govern behavior" aligns more directly with norms and rules across the whole family system.

* Genetics (A) and socioeconomic status (C) may influence the family, but they are not Minuchin's primary explanatory construct for behavioral standards.

Thus, B. Family norms is the best answer.

NEW QUESTION # 148

A 17-year-old client wants to become a physician. With this client, what should the counselor and client focus on in evaluating the

likelihood of this goal?

- A. Aptitude test scores
- B. Socioeconomic situation
- C. Achievement test scores
- D. Previous academic record

Answer: D

Explanation:

When working with adolescents on career and educational goals, counselors are expected to examine realistic indicators of readiness and likelihood of success in a chosen field. For highly demanding professions such as medicine, the best single indicator of future academic success is the client's previous academic record, including grades, rigor of coursework, and performance in relevant subjects (especially science and math).

* Previous academic record (D) shows how the client has already handled structured academic demands over time, which closely parallels the long, intensive training path for physicians.

* Aptitude test scores (A) reflect potential, but they are more abstract and less predictive than an established history of strong academic performance when it comes to long-term professional training.

* Achievement test scores (B) focus on specific content knowledge at a given point in time, but do not give as rich a picture as an ongoing academic record.

* Socioeconomic situation (C) may influence access to opportunities and support, but ethically, counselors should not treat it as the main determinant of whether the goal is realistic; instead, it becomes part of planning supports and resources, not the primary filter for possibility.

Therefore, in evaluating the likelihood of successfully becoming a physician, the previous academic record is the most appropriate focus, making D correct.

NEW QUESTION # 149

In working with an individual who knows of very few occupations, none of which interest the person, the counselor uses the Occupational Outlook Handbook. Which of the following is the best reason for this action?

- A. To help the individual gain an understanding of the wide range of options
- B. To select an occupation that could be considered
- C. To explore resistance to making a choice
- D. To help the individual inventory transferable skills

Answer: A

Explanation:

In the Career Development core area, CACREP emphasizes that counselors must be able to use career information resources (like the Occupational Outlook Handbook) to help clients understand the nature and scope of the world of work, including job duties, training requirements, labor market trends, and related occupations.

In this scenario, the client knows only a very limited set of occupations, and none are appealing. The most appropriate use of the Occupational Outlook Handbook here is to:

- * Broaden the client's awareness of the vast range of occupational choices.
- * Provide structured, accurate information about many different fields.
- * Help the client see new possibilities they have not previously considered.

This is exactly what option D describes: helping the individual gain an understanding of the wide range of options.

Options A and B are narrower and do not capture the primary purpose of using this broad informational resource. Option C (exploring resistance) is more of a counseling process goal and not the main reason for introducing the Handbook at this stage.

NEW QUESTION # 150

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