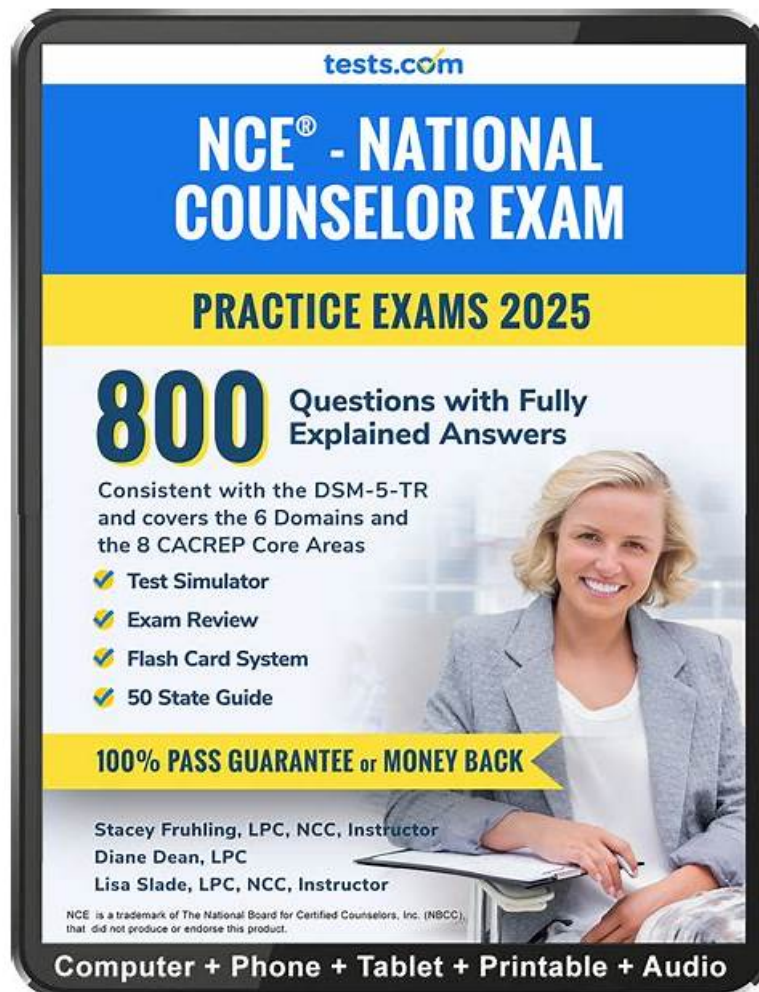


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NBCC National Counselor Examination Sample Questions (Q70-Q75):

NEW QUESTION # 70

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

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

Answer: A

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 # 71

Two group members who were at odds were arguing about which of the two potentially appropriate counseling goals should be used by the group. A counseling group leader using a laissez-faire group leadership style would

- A. Ask the other group members to enter the discussion to facilitate decision-making.
- B. Intervene and make the decision about which of the goals would be used in the group.
- C. Determine which goal would be used based on a majority vote of the group members.
- D. Let the two group members continue until some form of resolution had been achieved.

Answer: D

Explanation:

In the Group Counseling and Group Work core area, CACREP expects counselors to understand different group leadership styles, including democratic, authoritarian, and laissez-faire.

* A laissez-faire leader is characterized by minimal direction, low structure, and very little intervention, allowing group members to largely manage their own processes and decisions.

* In this scenario, such a leader would not step in to decide the goal (A or C) or actively facilitate group problem-solving (B).

Instead, they would allow the members to continue interacting until they naturally reach some resolution, which aligns with D.

Thus, D. Let the two group members continue until some form of resolution had been achieved best reflects a laissez-faire leadership style.

NEW QUESTION # 72

To elicit strengths that might improve the likelihood of goal attainment, a counselor might ask the client which of the following?

- A. "What is the worst part about having this problem?"
- B. "How have you been able to stop the problem from getting worse?"
- C. "What is your most positive memory from childhood?"
- D. "What resources do you wish you had?"

Answer: B

Explanation:

In treatment planning, counselors are expected to identify and incorporate client strengths, resources, and existing coping strategies to increase the likelihood of successful goal attainment. Option A is a strengths- focused question because it:

* Directs attention to what the client is already doing that is working, even partially.

* Helps uncover existing skills, strategies, supports, or internal resources the client uses to prevent the situation from deteriorating.

* Allows those strengths to be built into the treatment plan as intentional interventions.

The other options are less directly focused on usable strengths for goal attainment:

- * B. "What is the worst part about having this problem?" explores distress and problem impact, not strengths.
 - * C. "What resources do you wish you had?" can be useful, but it focuses on missing or external resources, not current strengths the client already possesses.
 - * D. "What is your most positive memory from childhood?" might be helpful for rapport or narrative work, but it does not necessarily elicit current, goal-relevant strengths.
- NBCC Counselor Work Behavior Areas related to treatment planning emphasize using client resilience, skills, and successes as part of collaborative goal setting and intervention design. Asking about how the client has kept the problem from becoming worse, as in Option A, directly aligns with that strengths-based, change- oriented approach.

NEW QUESTION # 73

What would a counseling researcher focus on at the termination of the counseling relationship?

- A. Program development
- **B. Outcome evaluation**
- C. Formative evaluation
- D. Needs assessment

Answer: B

Explanation:

At the end (termination) of counseling, the key research and evaluation task is to determine what changed as a result of the counseling process. This is called outcome evaluation. It looks at whether client goals were met, symptoms decreased, or functioning improved.

- * Needs assessment (A) is done before services begin to determine what services or programs are needed.
- * Formative evaluation (B) focuses on ongoing feedback during the counseling or program to improve it while it is happening.
- * Program development (D) is planning or revising services, typically done before or between implementation phases.

NBCC-related work behaviors emphasize that counselors should be able to evaluate the effectiveness of their services and use that information ethically to improve practice. That is exactly what outcome evaluation does at termination.

NEW QUESTION # 74

Which of the following is consistent with a strengths-based approach that can improve the client's ability to attain goals?

- A. Reward the client for challenging negative thoughts.
- B. Strengthen the client's perceived self-worth.
- **C. Discover and utilize client resources and resilience.**
- D. Recognize the effects of social structures on the client.

Answer: C

Explanation:

A strengths-based approach emphasizes identifying, affirming, and using the client's existing resources, abilities, and resilience to support change. Within core counseling attributes, counselors are expected to maintain a positive, hopeful view of the client, focusing on what the client already does well and how those capacities can be applied toward goals.

- * Option A directly reflects this: discover and utilize client resources and resilience is the essence of a strengths-based stance- locating inner and outer strengths and using them in planning and intervention.
 - * Option B (rewarding the client for challenging negative thoughts) is more characteristic of cognitive- behavioral techniques, not specifically a strengths-based orientation.
 - * Option C (strengthening perceived self-worth) is valuable and related to positive regard, but it does not explicitly capture the process of identifying and using strengths as the main pathway to change.
 - * Option D (recognizing the effects of social structures) is more aligned with social justice and multicultural counseling perspectives.
- Therefore, the option most consistent with a strengths-based approach as emphasized in core counseling attributes is A.

NEW QUESTION # 75

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