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NBCC National Counselor Examination Sample Questions (Q151-Q156):

NEW QUESTION # 151

An 18-year-old high school student is trying to make a decision about a major in college. The counselor would administer which of the following instruments to give the student the most helpful information?

- A. House-Tree-Person Test
- B. Harvard's Implicit Bias Test
- C. Adjective Checklist
- **D. Self-Directed Search**

Answer: D

Explanation:

The Career Development core area includes knowledge of career assessment instruments that help clients clarify interests, values, and career options, especially for decisions such as choosing a college major.

* The Self-Directed Search (SDS) is based on Holland's theory (RIASEC) and helps individuals identify their interest patterns and match them with career fields and college majors consistent with those interests. It is specifically designed for career exploration and educational planning, making it highly appropriate for an 18-year-old choosing a major.

* The House-Tree-Person Test is a projective personality assessment and is not designed for career or major selection.

* The Adjective Checklist is typically used for personality description or self-perception, not directly for choosing majors or careers.

* The Harvard Implicit Association Test (IAT) assesses implicit biases or attitudes, not vocational interests or educational choices.

Because the SDS directly links interests to college majors and occupations, the most helpful tool for this student's decision-making is B. Self-Directed Search.

NEW QUESTION # 152

Which is a primary feature of feminist counseling modalities?

- A. They have been contraindicated for use in couples and family counseling.
- B. Their roots lie in the development of solution-focused brief therapy (SFBT).
- C. Practitioners must have moved beyond an androgynous gender role for their effective use.
- **D. Action is oriented to changing systemic threats to the wellness of the client.**

Answer: D

Explanation:

Feminist counseling approaches highlight the impact of power, social roles, and systemic oppression on client wellness. These modalities place strong emphasis on social justice, advocacy, and empowerment, and they often extend beyond individual intrapsychic change to include action aimed at transforming oppressive systems that affect the client's life.

Option A captures this core feature: feminist counseling actively orients intervention toward changing systemic threats (such as sexism, racism, heterosexism, and other forms of oppression) that harm the client's mental health and overall well-being. This is consistent with counselor work behaviors that stress advocacy, attention to sociocultural context, and the integration of interventions that promote equity and client empowerment.

Why the other options are incorrect:

* B. SFBT roots: Feminist therapy developed from feminist movements and critical perspectives on traditional psychotherapy, not from solution-focused brief therapy.

* C. Contraindicated for couples and families: Feminist approaches are frequently applied to couples and family counseling, especially to examine power imbalances and gendered expectations.

* D. Androgynous gender role requirement: While feminist therapy may explore gender roles and encourage flexibility, it does not require practitioners to "move beyond an androgynous gender role" as a precondition for effective practice.

This aligns with NBCC Counselor Work Behavior Areas, which include using counseling models that acknowledge social, cultural, and systemic influences and incorporating advocacy and systemic change into interventions when appropriate.

NEW QUESTION # 153

An instrument used to indicate likes and dislikes is

- A. A Likert-type scale
- B. A self-concept inventory
- **C. An interest inventory**
- D. A projective technique

Answer: C

Explanation:

In the Assessment and Testing core area, CACREP expects counselors to distinguish between different categories of instruments, including interest inventories, personality tests, aptitude tests, and self-concept measures.

* Interest inventories are designed to assess a person's likes and dislikes regarding activities, subjects, and occupations. They are widely used in career counseling to help people explore suitable fields based on what they enjoy.

* They directly ask about preferences-which is exactly what the question describes.

Why the others are not best:

* Likert-type scale (B): This is a response format (e.g., strongly agree to strongly disagree), not a type of test by itself. It can be used in many kinds of instruments (attitudes, beliefs, etc.).

* Self-concept inventory (C): Focuses on how people see themselves (self-image, self-worth), not primarily on their likes and dislikes about activities or careers.

* Projective technique (D): Uses ambiguous stimuli (inkblots, drawings, etc.) to explore personality dynamics, not straightforward preference ratings.

Therefore, an instrument that indicates likes and dislikes is A. An interest inventory.

NEW QUESTION # 154

Attention-deficit/hyperactivity disorder can be characterized as predominately hyperactive/impulsive, combined, or which other presentation?

- A. Interpersonal
- **B. Inattentive**
- C. Aggressive
- D. Disorganized

Answer: B

Explanation:

Within the Assessment and Testing core area, counselors are expected to know the basic diagnostic classification of common disorders, including ADHD, as described in widely used diagnostic systems.

ADHD is described as having three primary presentations:

* Predominantly inattentive

* Predominantly hyperactive/impulsive

* Combined presentation

The inattentive presentation is characterized by symptoms such as difficulty sustaining attention, being easily distracted, forgetfulness, and problems with organization. "Aggressive," "disorganized," and "interpersonal" are not formal diagnostic presentations of ADHD. Therefore, the correct answer is C. Inattentive.

NEW QUESTION # 155

In the operant-conditioning paradigm, what is an important assumption regarding behavior maintenance?

- A. Consistent shaping of the behavior is necessary.
- B. Behaviors are reinforced on a one-to-one ratio.
- **C. Behavior that is not reinforced gradually extinguishes.**
- D. Modeled behaviors are consistently reinforced.

Answer: C

Explanation:

In the Counseling and Helping Relationships core area, CACREP includes behavioral and learning theories such as operant conditioning. A foundational principle is that:

* Behaviors that are reinforced are more likely to be maintained, and

* Behaviors that are no longer reinforced tend to weaken and eventually extinguish.

Option C directly states this assumption: behavior that is not reinforced gradually extinguishes. That is the core explanation for why, in behavior therapy, counselors manipulate reinforcement contingencies to reduce maladaptive behaviors.

* A is incorrect because behaviors are not always reinforced on a strict one-to-one (continuous) schedule; intermittent reinforcement can also maintain behavior.

* B (shaping) is used to build new complex behaviors, but it is not required for maintaining an already-learned behavior.

* D refers to modeling (observational learning), which is associated with social learning theory, not the central assumption about maintenance in basic operant conditioning.

Thus, C is the correct assumption regarding behavior maintenance.

NEW QUESTION # 156

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