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National Counselor Examination

Test Prep NCE

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Topic Break Down

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QUESTION NO: 1

Developmental career theorists view career choice as:

- A. stable
- B. fixed
- C. ongoing
- D. optimistic

ANSWER: C**Explanation:**

While this may not lead to an individual changing their career, developmental theorists believe an individual's career choice is ongoing. It is a lifelong process where individuals search, evaluate, and process information about themselves and the world around them to figure out where they fit.

QUESTION NO: 2

Reliability tells:

- A. if a test measures what it says it measures.
- B. how consistently a test measures an attribute.
- C. if the client can be trusted.
- D. where the counseling process should focus.

ANSWER: B**Explanation:**

Reliability is a key part of any assessment. The scale needs to provide consistent results over repeated measurements. If a test measures what it says it measures, the test has validity. Reliability and validity are independent of each other...a test can be both reliable and valid; reliable, but not valid; or not reliable, but valid.

QUESTION NO: 3

The four lobes of the human brain are each responsible for handling different tasks. Which of these lobes is responsible for processing tactile sensory information?

- A. Occipital Lobe

- B. Frontal Lobe
- C. Parietal Lobe
- D. Temporal Lobe

ANSWER: C

Explanation:

The Parietal Lobe processes information temperature, taste, touch, and movement. The Occipital Lobe is responsible for vision, while the Frontal Lobe's main jobs include cognitive functions and voluntary movement. The Temporal Lobe processes memory and connects them with our senses.

QUESTION NO: 4

Which person is associated with the beginning of the guidance movement?

- A. Adler
- B. Parsons
- C. Freud
- D. Ellis

ANSWER: B

Explanation:

Frank Parsons is known as the founder of the guidance movement. His talent matching approach was later developed into the Trait and Factor Theory of Occupational Choice. Adler was the founder of individual psychology, Freud was the founder of psychoanalysis, and Ellis was the founder of rational emotive behavior therapy.

QUESTION NO: 5

Which of the following is not a factor in the sleep patterns of adolescents?

- A. Biorhythm changes
- B. Defiance
- C. Increased need for sleep
- D. Increased academic and social demands

ANSWER: B

Explanation:

Teens require more sleep than the average adult due to their rapid growth. A teen's decreased sleep patterns do not generally stem from defiant behavior. Teens have biorhythm changes, making them more likely to stay up late and sleep later. They are inundated with academic and social demands which may impair the amount or quality of their sleep.

QUESTION NO: 6

Which career theorist talked about life roles?

- A. Ginzberg
- B. Holland
- C. Parsons
- D. Super

ANSWER: D**Explanation:**

Super talked about the life roles of: child, student, homemaker, leisurite, citizen and worker.

QUESTION NO: 7

This publication provides key information about a job, including training needed, salary, job outlook, etc.

- A. NBCC
- B. ACA
- C. ASCA
- D. OOH

ANSWER: D**Explanation:**

The Occupational Outlook Handbook (OOH) is published by the U.S. Department of Labor and contains statistics and information for hundreds of different jobs. NBCC stands for the National Board for Certified Counselors; ACA is the American Counseling Association; ASCA is the American School Counselor Association.

QUESTION NO: 8

Suppression and repression are different because:

- A. suppression is involuntary
- B. repression is involuntary
- C. they are not different
- D. repression is voluntary

ANSWER: B

Explanation:

In psychoanalysis, repression is when upsetting memories are kept out of the conscious mind. Throughout therapy, using free association, psychoanalysts try to help uncover repressed memories and feelings. Suppression is when a person knowingly tries not to think or feel a certain way.

QUESTION NO: 9

Despite its age, Kohlberg's Theory of Moral Development is still in widespread use. Which of the following is the final level in the theory?

- A. Personhood
- B. Principled thought
- C. Self-actualization
- D. None of the above

ANSWER: B

Explanation:

Principled thought comes after moving through the 6th stage, which Kohlberg believed few people actually reached. Self-actualization is the highest level of development one can reach according to Abraham Maslow's hierarchy of needs.

QUESTION NO: 10

About how old is the child in question 5?

- A. Three
- B. Twelve
- C. One
- D. Eight

ANSWER: B

Explanation:

Children typically move into the Formal Operational Stage around the age of 11 or 12.