

# Assessment

## ***Personal Counseling*** ***Third Edition***

The objectives of this book are:

- To suggest qualities of good counselors
- To explain how to counsel successfully
- To present the process of finding solutions



## **Assessment Questions for Personal Counseling, Third Edition**

*Select the best response.*

1. All adults at some time are asked to be a personal counselor:
  - A. And most do it successfully
  - B. But most usually fail
  - C. Yet only a few are prepared
  - D. And most are prepared
  
2. Personal counselors make their best contribution if the other person:
  - A. Is capable of solving the problem
  - B. Needs guidance and support
  - C. Has a legal, tax, or medical problem
  - D. All of the above
  - E. A and B
  
3. Personal counselors must be:
  - A. Authority figures
  - B. Licensed
  - C. Able to communicate one-on-one
  - D. All of the above
  
4. A good counselor must be an extrovert.
  - A. True
  - B. False
  
5. Counseling skills include the ability to:
  - A. Be objective
  - B. Voice an opinion quickly
  - C. Keep a confidence
  - D. All of the above
  - E. A and C

6. To be a good counselor, you must:
  - A. Be yourself
  - B. Adopt the role of psychologist
  - C. Question your own personality
  - D. Avoid taking risks
7. Counseling a person you supervise should:
  - A. Foster independence
  - B. Involve mutual rewards
  - C. Strengthen relationships
  - D. All of the above
8. Counseling by intervention is more difficult than counseling at the other person's request.
  - A. True
  - B. False
9. The purpose of counseling should be to:
  - A. Make the other person do what you want
  - B. Practice dispensing psychological advice
  - C. Get to know the person better
  - D. Help people solve their own problems
10. The counseling location should always be:
  - A. In a closed office
  - B. Quiet and peaceful
  - C. Isolated
  - D. All of the above
  - E. B and C
11. Verbal feedback:
  - A. Will always be accepted and followed
  - B. May be less useful than comfortable silence
  - C. Should provide reinforcement
  - D. All of the above
  - E. B and C

12. When counseling a person from a foreign culture:
- A. Encourage the counselee to use English as much as possible
  - B. Use words from that person's language, if you know them
  - C. Give advice and make decisions for the counselee; other cultures look to authority figures for the right advice
  - D. All of the above
  - E. A and B
13. A counseling session should involve:
- A. Getting acquainted
  - B. Seeing the problem from various perspectives
  - C. Considering alternatives
  - D. Decision making
  - E. All of the above
14. Good counselors:
- A. Do most of the talking
  - B. Make quick judgments
  - C. Ask questions to better learn the situation
15. A counseling relationship is best when:
- A. It involves closely-related people
  - B. Objectivity is possible
16. Clarifying alternatives should include:
- A. Getting several on the table
  - B. The counselor making the final decision
  - C. Recognizing the complexity of the weighing process
  - D. All of the above
  - E. A and C

17. Counselors should:
- A. Have an authoritative voice
  - B. Have a quiet, modulated voice
  - C. Speak quickly and enthusiastically
  - D. Know that how they speak has little importance
18. A counselor's goal should be to:
- A. Let the client make the choices
  - B. Help restore self-esteem
  - C. Suggest the best solution
  - D. All of the above
  - E. A and B
19. Having a game plan in advance:
- A. Is sometimes advisable
  - B. Can lead to loss of flexibility
  - C. Is not advised
  - D. Is better than playing things *by ear*
  - E. A and B
20. Restating the decision is the job of:
- A. The counselor
  - B. The counselee
21. Looking ahead, the counselor should consider:
- A. Articulating implications of the solution
  - B. Suggesting possible problems that may arise when implementing the solution
  - C. Offering a possible return visit
  - D. All of the above
22. You can always improve your counseling skills.
- A. True
  - B. False

23. The best way to improve your counseling skills is to:
- A. Continue doing what you've always done—practice makes perfect!
  - B. Learn the rules and follow them
24. Even if you are a superb counselor, some people may not adjust well to your style.
- A. True
  - B. False
25. The counseling process cannot be considered completed until:
- A. Options have been clarified
  - B. A decision has been made
  - C. Counselees leave with a positive attitude toward themselves and their future

## **Answer Key for Personal Counseling, Third Edition**

### ***Recommended response (Corresponding workbook page)***

1. C (9)	6. A (23)	11. E (36)	16. E (56)	21. E (60)
2. E (10)	7. D (24)	12. E (82)	17. B (57)	22. A (63)
3. C (13)	8. A (24)	13. E (48)	18. E (59)	23. B (77)
4. B (15)	9. D (30)	14. C (50)	19. E (61)	24. A (75)
5. E (16)	10. E (32)	15. B (53)	20. B (60)	25. C (83)