



NCE^{Q&As}

National Counselor Examination

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**QUESTION 1**

Personality tests or interest inventories measure:

- A. goals
- B. maximum performance
- C. typical performance
- D. academic potential

Correct Answer: C

Typical performance shows how someone will perform on a regular basis. Maximum performance shows how someone will perform when exerting as much effort as possible (such as when a person is being observed).

QUESTION 2

You have just launched a successful therapy group, and want to promote it to engage new clients so they, too, can benefit. You have asked your current therapy clients to offer an anonymous testimonial, telling others how useful it has been.

From an ethical standpoint, this is _____.

- A. prohibited under any circumstances
- B. allowed since it is a successful group that would benefit future clients that may join
- C. allowed, only if they sign a voluntary testimonial release
- D. prohibited unless they sign a voluntary testimonial release, use a pseudo-name and do not provide a photo

Correct Answer: A

The ACA Code of Ethics outlines that testimonials from clients, former clients or any other person vulnerable to undue influence is prohibited.

QUESTION 3

The most valuable type of research is the:

- A. correlational study
- B. experiment
- C. survey
- D. descriptive narrative



Correct Answer: B

The experiment is the most powerful research method because it is the only design that examines a single factor's effect on a particular behavior. Therefore, it is the only method where a direct cause and effect relationship can be established. While correlational studies can show if 2 variables are related and how strong the relationship is, it is important to remember correlation does not equal causation.

QUESTION 4

A counselor who chooses their theory and techniques in order to match the client's attributes, resources, and situation is called:

- A. eccentric
- B. eclectic
- C. holistic
- D. informal

Correct Answer: B

The eclectic approach can be quite successful. Most counselors using this approach still adhere to one or two main counseling theories, but draw techniques from many different theories. A counselor using a holistic approach would consider the person as a whole (body, mind, emotions, spirit) rather than the separate parts when meeting with a client.

QUESTION 5

Some counseling methods are "product-oriented," while others are "process-oriented". Which of the following is more interested in the product than the process?

- A. Transactional-analysis
- B. Client-centered
- C. Behavioral
- D. None of the Above

Correct Answer: C

Behavioral counseling focuses on changing the client's behavior. Transactional-analysis, developed by Berne, focuses on interactions between people and communication is very important. In this theory, it is believed that within each person, there are 3 altered ego stages- the parent, the adult, and the child. In Client-centered, developed by Carl Rogers, the process is the focus and often guided by the client.