



# NCE<sup>Q&As</sup>

National Counselor Examination

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**QUESTION 1**

Which is the correct order of Tucker and Jensen's stages of group development?

- A. performing, forming, storming, norming, adjourning
- B. norming, forming, storming, performing, adjourning
- C. forming, storming, norming, performing, adjourning
- D. forming, norming, storming, performing, adjourning

Correct Answer: C

Tucker and Jensen described 5 stages of group development. In the forming stage, the group is coming together and rules are being established. Group members are typically polite to each other. During the storming stage, challenges often arise. Groups members may butt heads and test boundaries. In the norming stage, group members have developed a sense of unity and worked out their conflicts. They are also supportive of leadership. During the performing stage, the group is making progress toward their goals. Leaders are helping group members advance their skills and competencies. The adjourning stage is sometimes referred to as 'mourning' when a group is high functioning and has developed a strong sense of unity. The inevitable end can seem bittersweet.

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**QUESTION 2**

Who has most extensively researched and described the concept of career maturity?

- A. Ginzberg
- B. Crites
- C. Hoyt
- D. Super

Correct Answer: B

While Super first described the concept of career maturity, it was Crites who researched and created the Career Maturity Inventory. Ginzberg believed the development of the following four factors led to career choice: the reality factor, the influence of the educational process, the emotional factor, and individual values. Hoyt viewed career education as a composite of activities and experiences designed to prepare and engage individuals in paid or unpaid work during their lives. Super believed the following stages explained career development:

1.

The crystallization stage, ages 14-18

2.

Specification stage, ages 18-21

3.

Implementation stage, ages 21-24



4.

The stabilization stage, ages 24-35

5.

Consolidation, age 35

6.

Readiness for retirement, age 55.

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### QUESTION 3

Nathan has been working on cutting down on drinking. He tells you he passed a state store and found my car pulling itself into the lot. He denies giving much conscious thought to it. Nathan is describing the workings of:

- A. The superego
- B. The id
- C. The ego
- D. The conscious mind

Correct Answer: B

According to Freud, the id is present at birth and is part of the unconscious. It is impulsive, not rational, and moves towards pleasure and away from pain. The superego is made up of the conscience and ideal self and incorporates society's values and norms. The ego uses a rational process to solve problems and meet the id's demands while satisfying the superego.

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### QUESTION 4

All humans have a five-stage sleep cycle and all cycle through the stages in the same order. Choose the correct sequence.

- A. Stage 1, Stage 2, Stage 3, Stage 4, Stage 5
- B. Stage 1, Stage 2, Stage 1, Stage 3, Stage 5, Stage 4
- C. Stage 1, Stage 2, Stage 3, Stage 4, Stage 1, Stage 2, Stage 5
- D. Stage 1, Stage 2, Stage 3, Stage 4, Stage 3, Stage 2, Stage 5

Correct Answer: D

Sleep does not progress through all of these stages in sequence, however. Sleep begins in Stage One and progresses into stages Two, Three, and Four. Then, after Stage Four sleep, Stages Three, then Two are repeated before going into REM sleep. Once REM is over, we usually return to Stage Two sleep. Sleep cycles through these stages approximately 4 or 5 times throughout the night.

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### QUESTION 5

You are a licensed professional counselor with a Master's degree in Counseling and a doctorate (PhD) in Technology and Operations Management. On your appointment cards for clients, the most appropriate way to list yourself is:

- A. Jane Doe, MA, LPC
- B. Dr. Jane Doe, LPC
- C. Jane Doe, PhD
- D. Dr. Jane Doe, PhD, LPC

Correct Answer: A

According to the ACA Code of Ethics, when acting in a counselor context, counselors may only use their highest degree earned in counseling, and should not imply doctorate-level competence unless their doctorate degree is in a clinical or related field.

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