

EDU304 Quiz 1 File by Tanveer Online Academy



Through which of the following guidance and counselling make student successful?	solving problems
At which of the following state someone needs guidance?	Before making the choice
What is the goal of health guidance?	Curative
Teacher should respect the individuality of students because every student is:	Different
Which of the following type of guidance and counselling is counsellor-centered?	Directive/Perspective
Which type of service counselling is?	Pre-problem
Greater self-confidence, Trauma resolution and stress relief are the benefits of:	Counselling
Which of the following type of counselling focuses on single or recurrent problem that is overwhelming or traumatic?	Crisis
At advanced level of empathy, the counsellor must:	explore below the surface
Which type of guidance refers to give proper guidance to a person to spend the leisure time in a positive manner?	Avocational
At which of the following state someone needs guidance?	Before making the choice
Solution focused theory puts main emphasis on:	Future
In order to avoid bullying in school, it is important to provide which of the following service to students?	guidance and counselling
Through which of the following expression counsellor must communicate his/her concern for the students?	verbal expressions
Which one of following statements closely relate to guidance and counselling services in school?	students' social and emotional development
According to Maslow's Hierarchy of Needs sense of belonging to someone or a particular group is our:	Social need
On which one of the following counselling's success depend on?	student's readiness to make a change

Which type of service guidance is?	Pre-problem
Holistic health theory suggests that human health must be understood in combination of which of the following factors?	psychological, social, and biological
Which of the following is not related to counselling?	National educational reforms
Which one of the following terms relates to counselor's openness and genuineness and his/her willingness to relate to the students without hiding behind a professional façade?	Congruence
When does students need guidance in academic settings?	require in making choices of courses
The ability to express oneself without being blunt is:	Spontaneity
Guidance and counseling determine that:	attitude and perceptions are the basis of his/her acts
Rogarian theory demands the counsellor to show:	openness and genuineness
Client centered theory is also known as:	Rogarian theory
Which one of the following best define counsellor?	encourage students for decision-making
In which type of the following type of guidance, teachers provides assistance to students in adjustment to the school's curriculum?	Educational
In which area school counsellor provides help to the students?	nonacademic activities
Guidance provides:	assistance and encourages problem solving
Who determined the goals of counseling In solution focused theory?	Students
To ensure empathy, the counsellor must:	listen quietly
Individuality means students are:	Different
Choose the correct statement:	student's productivity gets enhanced through guidance and counselling
What is eclectic counselling?	flexible and balanced method
Choose the correct statement about the counselor:	focus on individual differences of students instead of generalizing the problem
Which one of the following refers to exploring themes, issues, meanings, and emotions that are below the surface of what is being shared by the counselee?	Advanced Empathy
Maintaining student's privacy is an important aspect of:	Confidentiality

Upon which of the following “directive counselling” puts more emphasis?	Intellectual aspects
Which one of the following is the basic skill for effective counselling?	ability to develop good rapport with students
What is the role of counsellor in non-directive counselling?	find out the weakness and strengths of the problems

Which of the following is not an anti-social behavior? Shaking hands

Which one of the following refers to the power of understanding and imaginatively entering another person’s feeling? Empathy

Which type of guidance is a process of helping students to choose an occupation?
Vocational

Which of the following attitude is consider as raw material for counseling? Emotional

What is the role of the counselor in electric counselling? Neither too active nor too passive

How many levels of empathy are there? Two

Teachers should be trained and groom themselves to turn their actions like: Counselors

Which of the following is referred to guidance and counselling? not synonymous terms and counselling is a part of guidance

How many factors are in Holistic Health (Bio-Psychosocial) Theory? 3

Counselling provides opportunities to students to: reach their full potential

Solution focused theory puts main emphasis on: future

Which type of guidance helps a student to behave with consideration to other people?
Personal and social

Which of the following attitude is consider as raw material for counseling? Emotional

During implementation of plans, the primary concern of facilitative counselling is to help students deal with: positive behaviors

Which one of the following is referred to counselling? specialized service for serious problems

Guidance service must be: flexible to meet individual needs

Which one of the following best defines manners and etiquette? Helps in developing healthy relationships with others

1. Teacher's play(s) a significant role in developing SEL.
 - a. **Enthusiasm and passion**
 - b. Willingness
 - c. Attitude
 - d. Behavior
2. Directive counseling works best with:
 - a. Mature clients
 - b. Mild/minor problems
 - c. **Less mature & intelligent students**
 - d. Less mature client
3. Educational guidance does not:
 - a. impose adjustment decisions
 - b. **cater to personal happiness & social usefulness**
 - c. help in discovering own potential
 - d. focus on individuals
4. Self-esteem levels at extreme high and of spectrum:
 - a. **Can be very damaging**
 - b. Brings about best achievements
 - c. Is very confusing
 - d. Is very rare
5. At which state someone needs guidance?
 - a. **Before making the choice**
 - b. After making the choice
 - c. At the time a choice is to be made
 - d. When a choice has been made
6. Development of morality & learning relies on:
 - a. **Emotions**
 - b. Instructions
 - c. Feelings
 - d. Cognition
7. Empathy plays a vital role in:
 - a. **Developing peaceful conflict resolution**
 - b. Academic achievements only
 - c. Dealing with domestic issues only
 - d. Social adjustment
8. There are levels of empathy.
 - a. 1
 - b. **2**
 - c. 3
 - d. 4
9. Actions are dependent on person's
 - a. Attitude
 - b. Perceptions
 - c. **Both**

- d. Behavior
10. Behavior which is not accepted in school setting is known as:
- a. Indiscipline
 - b. Discipline
 - c. Compliance
 - d. Submission
11. In Eclectic counseling the role of counselor is:
- a. Active
 - b. Passive
 - c. Both active & passive
 - d. Neither active nor passive
12. Solution focused theory puts main emphasis on:
- a. Past experiences
 - b. Problems
 - c. Future
 - d. Current problems
13. Rogers views therapy (counseling) as a:
- a. Useful resource for teachers only
 - b. Affective theory
 - c. Compulsory procedure
 - d. Learning method to be used by the teacher and curriculum worker
14. Emotional intelligence has more bearing on life and school outcomes than:
- a. Intrapersonal intelligence
 - b. Academic intelligence
 - c. Logical intelligence
 - d. Personal intelligence
15. Which type of guidance refers to give proper guidance to a person so that they spend their leisure time in a positive manner?
- a. Educational guidance
 - b. Personal guidance
 - c. Social guidance
 - d. Avocational guidance
16. Which of the following is not related to holistic health theory?
- a. Empathy
 - b. Feelings
 - c. Self-calibration
 - d. Unconditional positive regard
17. Students with underdeveloped social emotional skills are more likely to:
- a. Learn it later
 - b. Familiar with failure
 - c. Need assistance
 - d. Meet with failure
18. SEL helps in resisting:
- a. Unpleasant situations

- b. Unbalance between teaching and learning
 - c. Unnecessary commitments
 - d. Inappropriate social pressure
19. Guidance service must be:
- a. Standardized to ensure equality
 - b. Flexible to meet individual needs
 - c. Given to high school students
 - d. Centralized
20. Being considerate of another's feeling is:
- a. Empathy
 - b. Humbleness
 - c. Sympathy
 - d. Modesty
21. Strength based theory thinks that constructive or hopeful people:
- a. Fare better in almost all aspects of life
 - b. Fare better in few aspects of life
 - c. Do not fare better in life at all
 - d. Do fare better in life at all
22. To little self-esteem:
- a. Is easy to boost up
 - b. Is difficult to solve
 - c. Develops with time
 - d. Leaves people feeling defeated or depressed
23. Counselor accepts the students totally without disapproving of particular feeling, action or characteristics. Positivity must be given to the students.
- a. Congruence
 - b. Unconditional positive regards
 - c. Empathy
 - d. All of the above
24. Pro-social skills are abilities to effectively:
- a. Monitor child's behavior
 - b. Guide parents at home
 - c. Accommodate and cooperate with others
 - d. Counseling of students
25. Person's overall sense of self-worth or personal value is known as:
- a. Self esteem
 - b. Achievement
 - c. Belief
 - d. Evaluation
26. Client-centered theory is also known as.....
- a. Non-directive
 - b. Rogerian theory
 - c. Both a & b
 - d. None of above

27. Which of the following is not related to counseling?
- a. Stress relief
 - b. Better relationship
 - c. National educational reforms
 - d. Emotional balance
28. According to humanists, affective personal development of students relies on:
- a. Permissive style of teaching
 - b. Humanized teacher-pupil relationship
 - c. Parent teacher coordination only
 - d. Student teacher relationship
29. theory posits that the settings youth inhabit, like school, shape their development.
- a. Ecological systems
 - b. Self-determination
 - c. Strength based
 - d. Solution focused
30. Guidance works best if:
- a. Sought after a considerable time
 - b. Students stay away from the decision making process
 - c. Pursued continuously
 - d. Sought before a considerable time