EDU304 - Introduction to Guidance and Counseling (Quiz No 2)			
Questio	n # 10 of 10 (Start time: 01:11:06 AM, 19 December 2022)		
SEL H	nelps in resisting		
Select t	he correct option		
0	unnecessary commitments		
0	unbalance between teaching and learning		
0	unpleasant situations		
O	inappropriate social pressure COTTECT		

Question # 9 of 10 (Start time: 01:10:10 AM, 19 December 2022)

When teacher give focus on SEL, it Increased students:

•	Academic success COrrect
0	Academic stress
0	Conflicts
0	Problem behavior

Question # 8 of 10 (Start time: 01:08:39 AM, 19 December 2022)

Rogerian belief about personal growth is that it takes place as a result of:

Question # 5 of 10 (Start time: 01:05:29 AM, 19 December 2022)

Core principle in existential theory is to:

0	learn from society
0	be concerned about one's own life only COTTECT
0	give sense of meaning to life
0	learn from past experiences only

Question # 6 of 10 (Start time: 01:07:02 AM, 19 December 2022)

According to Cognitive behavioral theory actions are driven by:

0	Feedbacks
()	Thoughts COrrect
0	Practices
0	Reactions

Question #7 of 10 (Start time: 01:07:27 AM, 19 December 2022)

SEL assists in the development of :

0	appropriate social norms but not respect for others
0	appropriate social norms and respect for others
0	human rights
8	developmental growth

Question # 4 of 10 (start time: 01:04:02 AM, 19 December 2022)

SEL skills are referred to which type of skill?

Tough Rigid Soft Correct Hard

Question # 3 of 10 (Start time: 01:03:37 AM, 19 December 2022)

Total Marks: 1

sec(s)

According totheory, youth are more likely to flourish when in settings that address their social and emotional needs.

Social and emotional learning should be a very strong part of school development.

0	Ecological systems
0	Strength based
0	Solution Focused
•	Self-determination COrrect

EDU304	EDU304 - Introduction to Guidance and Counseling (Quiz No 2) Question # 9 of 10 (Start time: 12:40:38 AM, 19 December 2022) Behavior which is not accepted in school setting is known as:		
Questic			
Beho			
Select t	he correct option		
	Discipline		

EDU304 -	Introduction	to Guidance and	Counseling	(Quiz No 2)
			accinonities.	(~ COLE 140 Z)

Question # 10 of 10 (Start time: 12:41:29 AM, 19 December 2022)

Sympathy med	ans;	

0	You seriously work towards resolving the conflict
0	You take a step ahead
0	You play an essential role
0	You feel sorry for someone COTTECT

Question # 2 of 10 (start time: 01:03:11 AM, 19 December 2022)

....... is related to a combination of, chance for loss, the possibility of significant loss, and uncertainty.

0	Humanitarianism
0	Interpersonal relations
0	Curiosity
0	Correct Correct

Question # 8 of 10 (Start time: 12:40:11 AM, 19 December 2022)

Strength based theory is also known as:

0	Holistic health theory
()	Learned optimism theory COTTECT
0	Unlearned optimism theory
0	Solution focused theory

The concept of ______ involves social associations, connections, or affiliations between two or more people.

0	Risk-taking
•	Interpersonal relations CORRECT
0	Curiosity
0	Humanitarianism

Question # 5 of 10 (Start time: 12:38:18 AM, 19 December 2022)

Total Marks

The counsellor takes a "not-knowing "stance. He/she shows that he/she does not know anything about the student. A student tells everything in detail.

0	Client - centered
0	Existential
0	Holistic Health
	Solution Focused COrrect

Question # 2 of 10 (Start time: 12:36:05 AM, 19 December 2022)

Estimated heritable traits are said to be around:

0	45%
()	correct 🖈 🔽
0	65%
0	60%

Question # 3 of 10 (start time: 12:36:35 AM, 19 December 2022)

Strength based theory thinks that constructive or hopeful people:

0	fare better in few aspects of life
0	do not fare better in life at all
0	do fare better in life at all
0	fare better in almost all aspects of life COTTECT

Question # 4 of 10 (Start time: 12:37:07 AM, 19 December 2022)

Inclusion of affective components within curriculum enhances:

0	students' confidence only
0	parents' positivity
0	teacher's positivity
0	students' overall development COrrect

Question # 1 of 10 (Start time: 12:34:15 AM, 19 December 2022)

According to Maslow's theory, students need to feel emotionally:

0	dependent
0	independent
<u>•</u>	correct 🖍 🔽
0	weak

EDU304 - Introduction to Guidance and Counseling (Quiz N	o 2'
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Question # 10 of 10 (Start time: 06:43:12 PM, 19 December 2022)

Affective domain of education deals with:

0	Difficulties
<u></u>	Feelings and values COTTECT
0	Thinking
0	Problems

EDU304 - Introduction to Guidance and Counseling (Quiz No 2) Question # 9 of 10 (start time: 06:41:40 PM, 19 December 2022) Students with underdeveloped social emotional skills are more likely to: Select the correct option familiar with failure need assistance learn it later meet with failure correct 💎 🔽

Question # 6 of 10 (Start time: 06:39:50 PM, 19 December 2022)

Total Marks: 1

According to _____theory, youth are more likely to flourish when in settings that address their social and emotional needs. Social and emotional learning should be a very strong part of school development.

0	Strength based
0	Solution Focused
•	Self-determination COrrect
0	Ecological systems

Question # 7 of 10 (Start time: 06:40:40 PM, 19 December 2022)

You will feel sorry for someone in:

0	Anger
0	Empathy
<u></u>	correct V
0	Broken

Question # 8 of 10 (Start time: 06:40:56 PM, 19 December 2022)

When a teacher makes students risk taker, he/she is trying to develop:

0	critical thinking in students COTTECT
0	demoralization
0	problem in students
0	level of anxiety

Question # 4 of 10 (Start time: 06:38:56 PM, 19 December 2022)

Affective education has 3 domains:

0	emotions, feeling and intellect
0	self-esteem, emotions and confidence
<u></u>	feelings, emotions and self-esteem COTTECT
0	emotions, confidence and feelings

Question # 2 of 10 (Start time: 06:37:55 PM, 19 December 2022)

......theory posits that the settings youth inhabit, like school, Shape their development.

•	Correct V
0	Solution Focused
0	Strength based
0	Self-determination

EDU304 - Introduction to Guidance and Counseling (Quiz No 2)	
Questic	on # 1 of 10 (Start time: 06:36:22 PM, 19 December 2022)
SEL i	ntegrates thinking, feeling and behaviour to provide:
Sele	ct the correct option
0	better performance in co-curricular activities
	awareness of self and others
\bigcirc	correct

collaboration with colleagues

Question # 8 of 10 (Start time: 06:17:04 PM, 19 December 2022) According to cognitive behavioural theory, maladjustment is a result of:		
		the correct option turmoil
		irrational beliefs
none of these COrrect		
conflicts		

Question # 9 of 10 (Start time: 06:17:56 PM, 19 December

A strong desire to know or learn something is:

0	Apathy
<u></u>	correct 🖍 🔽
0	Lethargy
0	Unconcern

Question # 10 of 10 (Start time: 06:18:11 PM, 19 Decemb

Affective domain of education deals with:

O	Feelings and values Correct 🖈 🔽
0	Thinking
0	Difficulties
0	Problems

Question # 7 of 10 (start time: 06:16:39 PM, 19 December 2022)

Total Marks: 1

Who gave the following statement

"Linguistic social, emotional, and cognitive development are complementary processes that ultimately work together to shape a child's literacy growth"



0	Friere
0	John Dewey
•	correct
0	Galeman

Question # 6 of 10 (Start time: 06:15:12 PM, 19 December 2022)

Existential theory is a humanistic approach that is more:

Select the correct option technica practica! correct not sure realistic philosophical

Question # 3 of 10 (Start time: 06:12:33 PM, 19 December 2022)

Pro-social skills are abilities to effectively:

()	accommodate and cooperate with others COTTECT
0	monitor child's behaviour
0	cuonselling of students
0	guide parents at home

Question # 5 of 10 (Start time: 06:13:51 PM, 19 December 2022)

Affective education has 3 domains:

0	self-esteem, emotions and confidence
0	feelings, emotions and self-esteem COTTECT
0	emotions, feeling and intellect
0	emotions, confidence and feelings

Question # 1 of 10 (Start time: 06:10:29 PM, 19 December 2022)

SEL stands for:

()	Social and Emotional Learning COTTECT
0	Self-Encourage Learning
0	Social and Existential Learning
0	Self-awareness and Emotional Learning

EDU30	EDU304 - Introduction to Guidance and Counseling (Quiz No 2)		
Questic	on # 2 of 10 (start time: 06:10:59 PM, 19 December 2022)		
Whi	ch of the following is not behavioural method of cognitive behavioural theory?		
▶ Sele	ct the correct option distraction		
0	monitoring activities		
0	use of informed intuition COTTECT		
0	relaxation		

Question # 10 of 10 (Start time: 10:43:19 PM, 19 December 2022)

Empathy plays a vital role in:

	dealing with domestic issues only
0	academic achievements only
0	developing peaceful conflict resolution COTTECT
0	social adjustment

correct V

Interpersonal relations

Question # 9 of 10 (Start time: 10:23:59 PM, 19 December 2022)

Total M

Who gave the following statement

"Linguistic, social, emotional, and cognitive development are complementary processes that ultimately work together to shape a child's literacy growth"



•	correct	
0	Friere	
0	John Dewey	
0	Goleman	

Question # 6 of 10 (Start time: 10:41:07 PM, 19 D

Cognition and emotion work:

0	alternately
0	dependently
<u></u>	in unison Correct
0	independently

Question # 10 of 10 (Start time: 10:24:30 PM, 19 December 2022)

Healthy emotional development:

0	is not automatic, teachers need to foster it
0	takes place at school
	is a natural process that take its time COrrect
0	takes place at home

(uestion # 5 of 10 (Start time: 10:39:34 PM, 19 December 2022)		
SEL	encourages students':	
sele	none of these	
0	Interest in outdoor activities only	
0	Interest in outdoor activities only self-confidence and interest COrrect	

Questi	Question # 7 of 10 (Start time: 10:22:27 PM, 19 December 2022)		
Acc	ording to humanists, affective personal development of students relies on:		
Select	the correct option		
0	student teacher relationship		
0	parent teacher coordination only		
0	permissive style of teaching		
•	humanized teacher-pupil relationship COTTECT		

EDU304 - Introduction to Guidance and Counseling (Quiz No 2) Question # 4 of 10 (Start time: 10:20:15 PM, 19 December 2022) On which factor human temperament is greatly depended on: Select the correct option Ecological Genetic correct 🖍 🗸 Environmental Non genetic

Question # 3 of 10 (start time: 10:18:33 PM, 19 December 2022)

Which of the following is not therapeutic goal in existential theory?

0	to help students accept the responsibility of their choice COTTECT
0	to facilitate adjustment in social settings
0	to increase behavioural approach
0	to increase self-awareness

Question #1 of 10 (Start time: 10:16:53 PM, 19 December 2022)

Ethical consideration includes a sense of

<u></u>	gratitude Correct
0	fair
0	All of the above
0	caring and kindness

Question # 10 of 10 (Start time: 08:50:14 AM, 20 December 2022)

Linguistic, social, emotional and cognitive development influence child's:

social culture physical growth literacy growth correct

Question # 9 of 10 (Start time: 08:49:38 AM, 20 December 2022)

.....Theory is a humanistic approach.

0	Holistic Health
()	Existential Correct
0	Solution Focused
0	Client - centered

EDU304 - Introduction to Guidance and Counseling (Quiz No 2)		
Questic	on # 4 of 10 (Start time: 08:46:52 AM, 20 December 2022)	
Low	family socioeconomic status can be:	
Select	the correct option	
0	improved through SEL	
()	a hindrance in developing SEL COTTECT	
0	managed by a school	
	handle by a teacher	

Question # 2 of 10 (Start time: 08:45:48 AM, 20 December 2022)

SEL helps in resisting

0	unnecessary commitments
0	unbalance between teaching and learning
0	unpleasant situations
0	inappropriate social pressure COTTECT

EDU304 - Introduction to Guidance and Counselin	g	(Quiz No 2)
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Question # 6 of 10 (Start time: 08:47:34 AM, 20 December 2022)

On which factor human temperament is greatly depended on:

0	Ecological
<u></u>	Genetic COTTECT V
0	Environmental
0	Non genetic

EDU30	EDU304 - Introduction to Guidance and Counseling (Quiz No 2)		
Question # 8 of 10 (Start time: 11:07:37 PM, 19 December 2022)			
Mala	adaptive behavior can bereplaced by adaptive behavior through:		
▶ Sele	ct the correct option		
0	behavioural restructuring		
0	challenging negative thoughts		
0	challenging positive thoughts		
0	cognitive restructuring		

Question # 1 of 10 (Start time: 11:03:02 PM, 19 December 2022) Tota theory is also known as "Positive thinking" and "Learned optimism" theory. This theory talks about the positive elements of the human beings. Select the correct option Client - centered Solution Focused Holistic Health Strength based correct 💎 🔻

Question # 2 of 10 (Start time: 11:03:32 PM, 19 December 2022)

On which elements of human beings Strength based theory emphasizes?

0	Physical
()	Correct V
0	Negative
0	Constructive

Question # 4 of 10 (Start time: 11:04:19 PM, 19 December 2022)

Care principle in existential theory is to:

•	be concerned about one's own life only COTTECT
0	learn from society
0	give sense of meaning to life
0	learn from past experiences only

Question # 10 of 10 (Start time: 10:05:46 AM, 20 December 2022)

Inclusion of affective components within curriculum enhances:

0	students' confidence only
0	parents' positivity
0	teacher's positivity
•	students' overall development COTTECT

Question # 3 of 10 (Start time: 10:01:06 AM, 20 December 2022)

By encouraging students to value their strength SEL builds:

0	Oblivious
0	Misperception
O	Self-awareness Correct
0	Insensible

Question # 2 of 10 (Start time: 10:00:34 AM, 20 December 2022)

According to Cognitive behavioral theory actions are driven by:

0	Practices
0	Reactions
0	Correct V
0	Feedbacks

Quiz Start Time: 09:33 AM, 20 December 2022

Question # 10 of 10 (start time: 09:41:54 AM, 20 December 2022)

Total Marks: 1

Development of proper attitudes and behaviors towards others, based on social and cultural norms, rules and laws is called:

0	Behavior
•	Correct *
0	Character
0	Actions

Question # 7 of 10 (start time: 09:39:24 AM, 20 December 2022)

Being considerate of another's feelings is:

0	sympathy
0	modesty
0	humbleness
•	correct 🖍 🗾

Question # 4 of 10 (start time: 09:36:18 AM, 20 December 2022)

When teacher give focus on SEL, it increased students:

0	Conflicts
0	Academic success COrrect
0	Problem behavior
\bigcirc	Academic stress

Question # 8 of 10 (Start time: 09:25:23 AM, 20 December 2022)

Total Marks: 1

BARCI (B)

According to _____theory, youth are more likely to flourish when in settings that address their social and emotional needs. Social and emotional learning should be a very strong part of school development.

0	Strength based
0	Solution Focused
<u></u>	Self-determination COrrect
0	Ecological systems

Question # 6 of 10 (Start time: 09:24:25 AM, 20 December 2022)Theory is a humanistic approach.

0	Solution Focused
0	Client - centered
0	Holistic Health
o	correct

Question # 5 of 10 (Start time: 09:23:46 AM, 20 December 2022)

Strength based theory is also known as:

0	Correct
0	Solution focused theory
0	Unlearned optimism theory
0	Holistic health theory

0

Question # 1 of 10 (Start time: 09:20:24 AM, 20 December 2022)

Which factor hinders the development of SEL?

()	Poor learning climate COrrect
0	Accurately assess feelings
0	Safe and empowering interactions
0	Well-grounded sense of self-confidence

Question # 10 of 10 (Start time: 10:19:22 AM, 20 December 2022)

Existential theory lacks:	

0	philosophical explanation of issues
0	practical implications
0	understanding human issues
0	social issues

EDU304 -	Introduction	to Guidance and	Counseling	(Quiz No 2)
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Question # 9 of 10 (Start time: 10:18:37 AM, 20 December 2022)

By encouraging students to value their strength SEL builds:

0	Oblivious
0	Self-awareness Correct
0	Misperception
0	Insensible

Question # 8 of 10 (start time: 10:17:06 AM, 20 December 2022)

Environmental factors of character building are:

insignificant less important as compared to temperament controllable correct meaningless

Question # 3 of 10 (Start time: 10:16:05 AM, 20 December 2022)

Carl Rogers advocates counseling methods to facilitate learning in:

()	correct 🖈 🗸
0	1971
0	1961
0	1941

EDU304 - Introduction to Guidance and Counseling (Quiz No 2)

Question # 10 of 10 (start time: 10:44:18 AM, 20 December 2022)

SEL integrates thinking, feeling and behaviour to provide:

•	correct *
0	good academic results
0	collaboration with colleagues
0	better performance in co-curricular activities

EDU304 - Introduction to Guidance and Counseling (Quiz No 2)

Question # 9 of 10 (Start time: 10:44:01 AM, 20 December 2022)

When a teacher makes students risk taker, he/she is trying to develop:

0	level of anxiety
0	critical thinking in students COTTECT
0	demoralization
0	problem in students

BC210	BC210407350: NIMRA KHALID EDU304 - Introduction to Guidance and Counseling (Quiz No 2) Question # 8 of 10 (Start time: 10:42:42 AM, 20 December 2022)		
EDU304			
Questic			
Hum	nanitarianism is an element of affective education connected with:		
ı			
> Sele	ct the correct option		
0	Covert relationship		
	Intrapersonal relationship		
0	correct		
	Interpersonal relationship		
0			
	Emetional rotationship		
0	Emotional relationship		

BC210	BC210407350: NIMRA KHALID		
EDU30	EDU304 - Introduction to Guidance and Counseling (Quiz No 2)		
Questi	Question # 7 of 10 (Start time: 10:42:32 AM, 20 December 2022)		
SEL	assists in the development of :		
Select	the correct option		
0	appropriate social norms but not respect for others		
0	human rights		
0	appropriate social norms and respect for others		
0	correct 🖈 🔽		

EDU304 - Introduction to Guidance and Counseling (Quiz No 2)

Question # 6 of 10 (Start time: 10:42:20 AM, 20 December 2022)

SEL stands for:

0	Social and Emotional Learning COTTECT
0	Self-Encourage Learning
0	Self-awareness and Emotional Learning
0	Social and Existential Learning

EDU304 - Introduction to Guidance and Counseling (Quiz No 2)

Question # 5 of 10 (Start time: 10:41:55 AM, 20 December 2022)

According to humanists, affective personal development of students relies on:

•	correct *
0	permissive style of teaching
0	humanized teacher-pupil relationship
0	parent teacher coordination only

BC210	407350: NIMRA KHALID			
EDU304 - Introduction to Guidance and Counseling (Quiz No 2) Question # 4 of 10 (Start time: 10:40:18 AM, 20 December 2022)				
p Sele	ct the correct option			
0	scheme of studies			
0	cognitive knowledge			
0	Interpersonal relations			
	correct			
0	portfolio			

BC210407350: NIMRA KHALID				
EDU304	t - Introduction to Guidance and Counseling (Quiz No 2)			
Question # 3 of 10 (start time: 10:39:41 AM, 20 December 2022)				
Em	otions is central to the development of morality and learning			
Select	the correct option			
0	Vygotsky			
0	Friere			
o	Correct V			
0	John Dewey			

304 - Introduction to Guidance and Counseling (Qu					
	DU304 - Introduction to Guidance and Counseling (Quiz No 2)				
estion # 2 of 10 (Start time: 10:38:55 AM, 20 December 2022)					
ffective education has 3 domains:					
ct the correct option					
emotions, feeling and intellect					
feelings, emotions and self-esteem					
correct					
self-esteem, emotions and confidence					
self-esteem, emotions and confidence					
self-esteem, emotions and confidence emotions, confidence and feelings					

BC210407350: NIMRA KHALID						
EDU30	4 - Introduction to Guidance and Counseling (Quiz No 2) Qui					
Questi	Question # 1 of 10 (Start time: 10:37:55 AM, 20 December 2022)					
A se	et of emotional, cognitive and behavioral patterns learned from experience is called:					
Select	the correct option Character COrrect					
0	Behavior					
0	Actions					
0	Moral					