

Question # 1 of 10 ( Start time: 04:49:53 PM, 06 December 2022 )

Guidance and counselling are needed in academic setting to ensure:

Select the correct option

<input type="radio"/>	how to expose emotions
<input checked="" type="radio"/>	proper utilization of time spent outside the classrooms
<input type="radio"/>	complete formation of skills
<input type="radio"/>	how to get angry


correct



Question # 2 of 10 ( **Start time: 04:51:14 PM, 06 December 2022** )

Choose the correct statement about counselling:

▶ **Select the correct option**

<input type="radio"/>	teaches how to avoid conflicts
<input type="radio"/>	assists in conflict resolution <b>correct</b> 
<input type="radio"/>	Guide student how to behave
<input type="radio"/>	encourages unnecessary behavior

Question # 3 of 10 ( Start time: 04:52:19 PM, 06 December 2022 )

Tot

Raising awareness and respecting uniqueness among students, counsellors should concentrate to create:

▶ Select the correct option


- |                                  |                              |
|----------------------------------|------------------------------|
| <input type="radio"/>            | freedom to play in classroom |
| <input type="radio"/>            | option for choices           |
| <input checked="" type="radio"/> | insight and awareness        |
| <input type="radio"/>            | time to do class work        |

correct 

Question # 4 of 10 ( **start time: 04:53:50 PM, 08 December 2022** )

Which one of the following works best with the directive counselling?

 **Select the correct option**

<input type="radio"/>	mild/minor problems
<input type="radio"/>	less mature and intelligent students <b>correct</b> 
<input type="radio"/>	less mature client
<input type="radio"/>	more mature clients

Question # 5 of 10 ( **Start time: 04:55:10 PM, 06 December 2022** )

Effective guidance and counselling enables the students to:

Select the correct option


<input checked="" type="radio"/>	take rational control over feelings and action
<input type="radio"/>	explain their problems
<input type="radio"/>	hide their problems
<input type="radio"/>	go with the flow of feelings

Question # 6 of 10 ( start time: 04:56:16 PM, 06 December 2022 )

Through which of the following expression counsellor must communicate his/her concern for the students?

Select the correct option

<input type="radio"/>	verbal expressions
<input checked="" type="radio"/>	verbal and non-verbal
<input type="radio"/>	non-verbal expression
<input type="radio"/>	Conversation

correct 

Question # 7 of 10 ( Start time: 04:57:21 PM, 06 December 2022 )

In order to avoid bullying in school, it is important to provide which of the following service to students?

Select the correct option

<input type="radio"/>	motivational techniques
<input type="radio"/>	different teaching strategies
<input type="radio"/>	reinforcement
<input checked="" type="radio"/>	guidance and counselling

correct 

Question # 8 of 10 ( **start time: 04:57:57 PM, 06 December 2022** )

To ensure empathy, the counsellor must:

Select the correct option

☐

listen quietly

☐

not sympathize

☐

politely act

**correct** 

☐

respond intelligently



Question # 9 of 10 ( start time: 04:58:48 PM, 06 December 2022 )

Total M

Which one of the following terms relates when a counselor accepts the students totally without disapproving of feeling, action, or characteristics?

Select the correct option

<input type="radio"/>	Misconception
<input type="radio"/>	Empathy
<input type="radio"/>	Congruence
<input checked="" type="radio"/>	Unconditional positive regard


correct



Question # 10 of 10 ( **Start time: 04:59:31 PM, 06 December 2022** )

What is the role of the counselor in electric counselling?

Select the correct option

<input type="radio"/>	too active
<input checked="" type="radio"/>	Neither too active nor too passive <b>correct</b> 
<input type="radio"/>	Both active and passive
<input type="radio"/>	too passive

Question # 10 of 10 ( **start time: 06:28:55 PM, 06 December 2022** )

Guidance provides:


**select the correct option**

<input type="radio"/>	assistance and encourages problem solving
<input type="radio"/>	confused condition for the students
<input type="radio"/>	stressful conditions for the students
<input checked="" type="radio"/>	solutions to classroom-based problems

Question # 8 of 10 ( **start time: 06:26:35 PM, 06 December 2022** )

What is the purpose of guidance and counselling services?

**Select the correct option**

<input type="radio"/>	facilitate teachers outside the school
<input checked="" type="radio"/>	provide required information and assistance to the students <b>correct</b> 
<input type="radio"/>	facilitate students in the schools
<input type="radio"/>	count problems faced by students

Question # 7 of 10 ( **start time: 06:25:58 PM, 06 December 2022** )

The ability to express oneself without being blunt is:

**select the correct option**


<input type="radio"/>	Constraint
<input checked="" type="radio"/>	Spontaneity
<input type="radio"/>	Correspondence
<input type="radio"/>	Congruence

**correct** 

Question # 5 of 10 ( **Start time: 06:24:17 PM, 06 December 2022** )

On which one of the following counselling's success depend on?

▶ **Select the correct option**

<input type="radio"/>	frequency of teacher led sessions
<input type="radio"/>	student's timely approach to the counsellor
<input type="radio"/>	student's readiness to make a change <b>correct</b> 
<input type="radio"/>	frequency of student's session

**EDU304 - Introduction to Guidance and Counseling (Quiz No 1)**

**Question # 4 of 10 ( Start time: 06:23:19 PM, 06 December 2022 )**

We should prepare students in a way that they can co-exist properly in:

**Select the correct option**


<input type="radio"/>	Class
<input type="radio"/>	politics
<input type="radio"/>	rally
<input checked="" type="radio"/>	society

**correct** 

Question # 3 of 10 ( Start time: 06:22:07 PM, 06 December 2022 )

Which one of the following is referred to counselling?

▶ Select the correct option


<input type="radio"/>	specialized service for serious problems
	correct 
<input type="radio"/>	evaluation process
<input type="radio"/>	another name for guidance
<input type="radio"/>	initial stage of guidance



Question # 2 of 10 ( **Start time: 06:20:38 PM, 06 December 2022** )

Being genuine means that the counsellor should be:

▶ Select the correct option


<input type="radio"/>	Straightforward
<input type="radio"/>	kind
<input type="radio"/>	open, sincere, and honest <b>correct</b> 
<input type="radio"/>	firm and hard

## EDU304 – Introduction to Guidance and Counseling (Quiz No 1)

Question # 9 of 10 ( **Start time: 06:08:08 PM, 06 December 2022** )

What is the goal of health guidance?

Select the correct option

<input checked="" type="radio"/>	curative <b>correct</b> 
<input type="radio"/>	negligible
<input type="radio"/>	negative
<input type="radio"/>	injurious

Question # 8 of 10 ( start time: 06:06:34 PM, 06 December 2022 )

Which one of following statements closely relate to guidance and counselling services in school?

► Select the correct option

☐

students' social and emotional development

correct

☐

understanding in students' attitude

☐

supervision in students' studies


☐

cooperation among staff members

Question # 7 of 10 ( **Start time: 06:06:20 PM, 06 December 2022** )

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

Select the correct option

<input checked="" type="radio"/>	Shaking hands <b>correct</b> 
<input type="radio"/>	Bullying
<input type="radio"/>	Racism
<input type="radio"/>	Discrimination


EDU304 - Introduction to Guidance and Counseling (Quiz No 1)

Question # 5 of 10 ( Start time: 08:04:52 PM, 06 December 2022 )

What is meant by congruence?

Select the correct option

<input type="radio"/>	consistency in words, actions, and feelings
<input type="radio"/>	knowing individuals
<input type="radio"/>	ability to express oneself without being blunt
<input checked="" type="radio"/>	unfair treatment with every student regardless of his/her behavior

correct 


Question # 4 of 10 ( start time: 06:03:31 PM, 06 December 2022 )

Total 1

In which type of the following type of guidance, teachers provides assistance to students in adjustment to the school's curriculum?

Select the correct option


<input type="radio"/>	Social
<input checked="" type="radio"/>	Educational
<input type="radio"/>	Vocational
<input type="radio"/>	Personal

correct 

Question # 3 of 10 ( **Start time: 06:02:41 PM, 06 December 2022** )

Which of the following is the raw material of counselling process?


Select the correct option

<input type="radio"/>	educational needs
<input checked="" type="radio"/>	emotional attitudes <b>correct</b> 
<input type="radio"/>	vocational competencies
<input type="radio"/>	intellectual needs

Question # 2 of 10 ( **Start time: 06:01:19 PM, 06 December 2022** )

Counselling provides opportunities to students to:

▶ **Select the correct option**

<input type="radio"/>	access the counsellor during bullying incidents
<input type="radio"/>	learn from the nonacademic activities
<input type="radio"/>	reach their full potential <b>correct</b> 
<input type="radio"/>	learn from their domestic experiences



Choose the correct statement:

Select the correct option

<input type="radio"/>	student's productivity gets enhanced through guidance and counselling
<input type="radio"/>	Guidance and counselling do not intend to make students successful
<input checked="" type="radio"/>	Guidance and counselling both develop dependency and distrust
<input type="radio"/>	student's capabilities remain the same through guidance and counselling

correct



Question # 9 of 10 ( start time: 08:35:34 PM, 06 December 2022 )

Which of the following is the aim of the counselling as a problem-focused service?

▶ Select the correct option

- |                                  |   |
|----------------------------------|---|
| <input checked="" type="radio"/> | assist students in difficulties                     |
| <input type="radio"/>            | provide logical solutions to academic problems only |
| <input type="radio"/>            | assist students in problems                         |
| <input type="radio"/>            | assist parents in difficulty                        |

correct  not sure

## EDU304 - Introduction to Guidance and Counseling (Quiz No 1)

Question # 8 of 10 ( **Start time: 08:34:56 PM, 06 December 2022** )

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

Select the correct option

<input type="radio"/>	Cognitive
<input type="radio"/>	Emotional
<input type="radio"/>	Social
<input checked="" type="radio"/>	Intellectual

correct 

Question # 6 of 10 ( Start time: 08:32:18 PM, 06 December 2022 )

According to Maslow's Hierarchy of Needs sense of belonging to someone or a particular group is our:

▶ Select the correct option

☐

Esteem need

☐

Physiological need

☐

Safety and security need

☐

Social need


correct



Question # 7 of 10 ( **Start time: 08:33:51 PM, 06 December 2022** )

Which type of service counselling is?

Select the correct option

<input checked="" type="radio"/>	Post-problem <b>correct</b> 
<input type="radio"/>	Pre-problem
<input type="radio"/>	Continuous
<input type="radio"/>	On-going problem

Question # 5 of 10 ( Start time: 08:30:43 PM, 06 December 2022 )

When does students need guidance in academic settings?

Select the correct option

<input type="radio"/>	having clarity in their concepts
<input type="radio"/>	checking the immigration of educated people
<input checked="" type="radio"/>	require in making choices of courses
<input type="radio"/>	focusing on evaluation process

correct



Question # 4 of 10 ( **Start time: 08:29:24 PM, 06 December 2022** )

Upon which of the following "directive counselling" puts more emphasis?

Select the correct option


<input type="radio"/>	emotional aspects
<input checked="" type="radio"/>	time
<input type="radio"/>	intellectual aspects
<input type="radio"/>	Money

correct 

Question # 3 of 10 ( **Start time: 08:27:59 PM, 06 December 2022** )

Which one of the following best define counsellor?

Select the correct option

<input checked="" type="radio"/>	encourage students for decision-making <b>correct</b> 
<input type="radio"/>	direct students to the right decision
<input type="radio"/>	take abrupt decisions for the students
<input type="radio"/>	understand problems of all



Question # 1 of 10 ( Start time: 08:25:59 PM, 06 December 2022 )

Total Marks: 1

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?

Select the correct option

<input type="radio"/>	Empathy
<input checked="" type="radio"/>	Congruence
<input type="radio"/>	Misconception
<input type="radio"/>	Unconditional positive regard


correct



Question # 2 of 10 ( **Start time: 08:26:39 PM, 06 December 2022** )

Maintaining student's privacy is an Important aspect of:

Select the correct option

<input type="radio"/>	Flexibility
<input checked="" type="radio"/>	Confidentiality <b>correct</b> 
<input type="radio"/>	Self-awareness
<input type="radio"/>	Cooperation

Question # 3 of 10 ( start time: 08:59:00 PM, 06 December 2022 )

To

Which one of the following refers to responding in such a way that exhibits that the counselor has understood the counselee's major theme?

Select the correct option

<input checked="" type="radio"/>	Primary empathy
<input type="radio"/>	Advance empathy
<input type="radio"/>	Emotional empathy
<input type="radio"/>	Secondary empathy


correct 

Question # 4 of 10 ( start time: 08:59:49 PM, 06 December 2022 )

According to Maslow's Hierarchy of Needs sense of belonging to someone or a particular group is our:

Select the correct option

<input type="radio"/>	Esteem need
<input type="radio"/>	Safety and security need
<input type="radio"/>	Physiological need
<input checked="" type="radio"/>	Social need

correct 

Question # 6 of 10 ( Start time: 09:01:57 PM, 06 December 2022 )

Total Marks: 1

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

Select the correct option


<input type="radio"/>	Emotional Empathy
<input type="radio"/>	Advance empathy
<input checked="" type="radio"/>	Empathy
<input type="radio"/>	Secondary Empathy

correct 

question # 7 of 10 ( **Start time: 09:02:32 PM, 06 December 2022** )

Which of the following is not related to counselling?

▶ Select the correct option

<input type="radio"/>	National educational reforms <b>correct</b> 
<input type="radio"/>	Emotional balance
<input type="radio"/>	Better relationship
<input type="radio"/>	Stress relief

Question # 9 of 10 ( start time: 09:04:55 PM, 08 December 2022 )

Which of the following is referred to guidance and counselling?

Select the correct option

<input checked="" type="radio"/>	not synonymous terms and counselling is a part of guidance
<input type="radio"/>	synonymous terms
<input type="radio"/>	reciprocal terms
<input type="radio"/>	Vertical and horizontal terms


correct 

Question # 10 of 10 ( start time: 09:05:45 PM, 08 December 2022 )

Guidance works best if:

Select the correct option

<input type="radio"/>	students stay away from the decision making process
<input checked="" type="radio"/>	sought before a considerable time
<input type="radio"/>	sought after a considerable time
<input type="radio"/>	pursued continuously

correct 




Question # 10 of 10 ( start time: 09:20:39 PM, 06 December 2022 )

Total |

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

Select the correct option

<input type="radio"/>	Advance empathy
<input type="radio"/>	Emotional Empathy
<input type="radio"/>	Secondary Empathy
<input checked="" type="radio"/>	Empathy

correct 

Question # 9 of 10 ( Start time: 09:19:30 PM, 06 December 2022 )

Total Marks

Which one of the following terms relates when a counselor shows an emotional understanding and sensitivity to the students feeling throughout the counselling session?

Select the correct option

☐

Congruence

☐

Misconception

☐

Unconditional positive regard

☒


Empathy

correct 

Question # 8 of 10 ( **start time: 09:18:32 PM, 06 December 2022** )

Guidance and counselling stresses on the role of teacher as a:

Select the correct option

<input checked="" type="radio"/>	guide and counsellor <b>correct</b> 
<input type="radio"/>	classroom teacher and administrator
<input type="radio"/>	administrator
<input type="radio"/>	classroom teacher

Question # 6 of 10 ( Start time: 09:16:26 PM, 06 December 2022 )

Who determined the goals of counseling in solution focused theory?

▶ Select the correct option

☐

Therapists

☐

Teachers

☒

Students

correct


☐

Administrator

Question # 4 of 10 ( **Start time: 09:15:07 PM, 06 December 2022** )

Individuality means students are:

Select the correct option

<input checked="" type="radio"/>	different <b>correct</b> 
<input type="radio"/>	disruptive
<input type="radio"/>	cooperative
<input type="radio"/>	same

Question # 3 of 10 ( Start time: 09:13:40 PM, 08 December 2022 )

Which one of the following is the basic skill for effective counselling?

Select the correct option



able to reach a rapid conclusion on behavioral issues



ability to develop good rapport with students

correct



ability to develop decision making skill




active advisory on security issues

Question # 1 of 10 ( Start time: 09:36:05 PM, 06 December 2022 )

Guidance and counseling determine that:


Select the correct option

<input type="radio"/>	thinking depends on his/her acts
<input type="radio"/>	behavior define attitude
<input checked="" type="radio"/>	attitude and perceptions are the basis of his/her acts <b>correct</b> 
<input type="radio"/>	power define energy

Question # 2 of 10 ( **Start time: 09:37:10 PM, 06 December 2022** )

Which one of the following best defines manners and etiquette?

Select the correct option


<input type="radio"/>	Creating awareness in career
<input checked="" type="radio"/>	Helps in developing healthy relationships with others <b>correct</b> 
<input type="radio"/>	Realizing learning potential
<input type="radio"/>	Solving educational problems



Question # 3 of 10 ( **Start time: 09:38:08 PM, 06 December 2022** )

Solution focused theory puts main emphasis on:


▶ **Select the correct option**

<input type="radio"/>	problems
<input type="radio"/>	future <b>correct</b> 
<input type="radio"/>	past experiences
<input type="radio"/>	current problems

Question # 4 of 10 ( **Start time: 09:39:44 PM, 06 December 2022** )

Guidance service must be:


Select the correct option

<input checked="" type="radio"/>	flexible to meet individual needs <b>correct</b> 
<input type="radio"/>	given to high school students
<input type="radio"/>	centralized
<input type="radio"/>	standardized to ensure equality

Question # 5 of 10 ( **Start time: 09:40:57 PM, 06 December 2022** )

What is the role of counsellor in non-directive counselling?

▶ **Select the correct option**


<input type="radio"/>	find out the weakness and strengths of the problems <b>correct</b> 
<input type="radio"/>	provides valuable advice to the parents
<input type="radio"/>	complicates the situation further
<input type="radio"/>	provides feedback to parents

Question # 6 of 10 ( **Start time: 09:42:38 PM, 06 December 2022** )

What is meant by congruence?

Select the correct option

<input type="radio"/>	knowing individuals
<input type="radio"/>	ability to express oneself without being blunt
<input type="radio"/>	consistency in words, actions, and feelings
<input checked="" type="radio"/>	unfair treatment with every student regardless of his/her behavior

correct 

Question # 7 of 10 ( **start time: 09:42:51 PM, 06 December 2022** )

What is the most important element in good decision-making skill?

Select the correct option



motivation



understanding



knowledge



self-efficacy

correct 

Question # 8 of 10 ( Start time: 09:43:10 PM, 06 December 2022 )

We should prepare students in a way that they can co-exist properly in:

Select the correct option

<input type="radio"/>	politics
<input type="radio"/>	Class
<input checked="" type="radio"/>	society
<input type="radio"/>	rally

correct 


Question # 9 of 10 ( Start time: 09:43:34 PM, 06 December 2022 )

Total

In which type of the following type of guidance, teachers provides assistance to students in adjustment to the school's curriculum?

Select the correct option

<input type="radio"/>	Vocational
<input checked="" type="radio"/>	Educational
<input type="radio"/>	Social
<input type="radio"/>	Personal

correct 

Question # 10 of 10 ( Start time: 09:44:42 PM, 06 December 2022 )

In which area school counsellor provides help to the students?

Select the correct option

<input checked="" type="radio"/>	nonacademic activities
<input type="radio"/>	communication
<input type="radio"/>	discipline
<input type="radio"/>	debates

correct 