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# National Testing Agency

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## Guidance and Counselling

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## Guidance and Counselling 1

<b>Section Id :</b>	864351521
<b>Section Number :</b>	1
<b>Section type :</b>	Online
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<b>Number of Questions to be attempted :</b>	50
<b>Section Marks :</b>	100
<b>Mark As Answered Required? :</b>	Yes
<b>Sub-Section Number :</b>	1
<b>Sub-Section Id :</b>	864351563
<b>Question Shuffling Allowed :</b>	Yes

**Question Number : 1 Question Id : 8643519806 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No  
Correct Marks : 2 Wrong Marks : 0**

The type of guidance service suggests the importance for maintaining continuous of students' academic performance

1. Evaluation
2. Follow-up
3. Placement
4. Counseling

**Options :**

- 86435131527. 1
- 86435131528. 2
- 86435131529. 3
- 86435131530. 4

**Question Number : 2 Question Id : 8643519807 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No  
Correct Marks : 2 Wrong Marks : 0**

The major objectives of Educational guidance \_\_\_\_\_

1. One defines problems, identifies choices, sets goals and makes plans to reach an academic goal
2. It helps every individual
3. It is a continuous process
4. It is a voluntary process

**Options :**

- 86435131531. 1
- 86435131532. 2
- 86435131533. 3
- 86435131534. 4

**Question Number : 3 Question Id : 8643519808 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

*Counseling and Psychotherapy*, first published in 1942 was written by

1. Carl Rogers
2. Bordin
3. Super
4. Mesmev

**Options :**

- 86435131535. 1
- 86435131536. 2
- 86435131537. 3
- 86435131538. 4

**Question Number : 4 Question Id : 8643519809 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Which one of the following appears to be the most commonly used career management technique in organizations?

1. Mentoring
2. Individual counseling
3. Internal vacancy notification
4. Career planning workshops

**Options :**

- 86435131539. 1
- 86435131540. 2
- 86435131541. 3
- 86435131542. 4

**Question Number : 5 Question Id : 8643519810 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

According to Ginsberg's theory, during the fantasy stage, children can

1. Start paying attention towards his/her capacities
2. Start becoming aware of his/her likes and dislikes
3. Primarily engage in playful acts and simulating occupations
4. Commit to one chosen direction

**Options :**

- 86435131543. 1
- 86435131544. 2
- 86435131545. 3
- 86435131546. 4

**Question Number : 6 Question Id : 8643519811 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Counselling is defined as a process which take place in a \_\_\_\_\_ relationship between therapist and client

1. Material
2. Interactive
3. Cordial
4. One-to-one

**Options :**

- 86435131547. 1
- 86435131548. 2
- 86435131549. 3
- 86435131550. 4

**Question Number : 7 Question Id : 8643519812 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

What type of therapy is used for the process of helping others in counselling called \_\_\_\_\_.

1. Behavior therapy
2. Humanistic therapy
3. Psychoanalytic therapy
4. Client-centered therapy

**Options :**

- 86435131551. 1
- 86435131552. 2
- 86435131553. 3
- 86435131554. 4

**Question Number : 8 Question Id : 8643519813 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

In a counseling session, one who seeks help is called

1. Counsellor
2. Patient
3. Consultant
4. Counselee

**Options :**

86435131555. 1  
86435131556. 2  
86435131557. 3  
86435131558. 4

**Question Number : 9 Question Id : 8643519814 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ is concerned with the alleviation of human suffering.

1. Psychotherapy
2. Food
3. Shelter
4. Poverty

**Options :**

86435131559. 1  
86435131560. 2  
86435131561. 3  
86435131562. 4

**Question Number : 10 Question Id : 8643519815 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

In the techniques of psychoanalysis, the release of emotional energy related to unconscious conflicts is known as

1. Catharsis
2. Resistance
3. Free association
4. Transference

**Options :**

- 86435131563. 1
- 86435131564. 2
- 86435131565. 3
- 86435131566. 4

**Question Number : 11 Question Id : 8643519816 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Which type of stress provides the outlet to express our talent and energies and helps to lead to happiness?

1. Distress
2. Acute stress
3. Eustress
4. Chronic stress

**Options :**

- 86435131567. 1
- 86435131568. 2
- 86435131569. 3
- 86435131570. 4

**Question Number : 12 Question Id : 8643519817 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ is concerned with the diagnosis and treatment of psychological disorders

1. Psychiatry
2. Neurology
3. Pathology
4. Psychotherapy

**Options :**

86435131571. 1  
86435131572. 2  
86435131573. 3  
86435131574. 4

**Question Number : 13 Question Id : 8643519818 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

According to Carl Rogers, the ability of the any therapist to share the client's emotions, which is an important process and it is known as \_\_\_\_\_

1. Empathy
2. Reflection
3. Catharsis
4. Transference

**Options :**

86435131575. 1  
86435131576. 2  
86435131577. 3  
86435131578. 4

**Question Number : 14 Question Id : 8643519819 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**



Dr. Ellis's ABCDE Model stands for \_\_\_\_\_

1. A - Action, B – Belief System, C – Consequences, D – Disputing, E – (New) Effect
2. A - Activating Event , B – Belief System, C – Consequences, D – Disputing, E – (New) Effect
3. A - Activating Event, B – Brain Teaser, C – Consequences, D – Disputing, E – (New) Effect
4. A - Activating Event, B – Belief System, C – Care taking, D – Disputing, E – (New) Effect

**Options :**

- 86435131579. 1
- 86435131580. 2
- 86435131581. 3
- 86435131582. 4

**Question Number : 15 Question Id : 8643519820 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ helps to client discover his / her personality and decide how best he / she can use their assets and overcome the obstacles in the path

1. Evaluation
2. Treatment
3. Guidance
4. Education

**Options :**

- 86435131583. 1
- 86435131584. 2
- 86435131585. 3
- 86435131586. 4

**Question Number : 16 Question Id : 8643519821 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 2 Wrong Marks : 0**

The goal of \_\_\_\_\_ is to help individuals overcome their immediate problems and also to equip them to meet future problems

1. Psychology
2. Psychotherapy
3. Counselling
4. Education

**Options :**

- 86435131587. 1
- 86435131588. 2
- 86435131589. 3
- 86435131590. 4

**Question Number : 17 Question Id : 8643519822 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ guidance help the students in their adjustment to curriculum and co-curriculum demands of the educational programme

1. Educational
2. Personal
3. Similar
4. Vocational

**Options :**

- 86435131591. 1
- 86435131592. 2
- 86435131593. 3
- 86435131594. 4

**Question Number : 18 Question Id : 8643519823 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ guidance enable the students to discover their potentialities and interest in various job requirements

1. Personal
2. Similar
3. Vocational
4. Educational

**Options :**

- 86435131595. 1
- 86435131596. 2
- 86435131597. 3
- 86435131598. 4

**Question Number : 19 Question Id : 8643519824 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ guidance to assist students in becoming progressively responsible for their own development

1. Personal
2. Vocational
3. Social
4. Educational

**Options :**

- 86435131599. 1
- 86435131600. 2
- 86435131601. 3
- 86435131602. 4

**Question Number : 20 Question Id : 8643519825 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Guidance is a \_\_\_\_\_ process

1. Personal
2. Social
3. Life long
4. Service oriented

**Options :**

- 86435131603. 1
- 86435131604. 2
- 86435131605. 3
- 86435131606. 4

**Question Number : 21 Question Id : 8643519826 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ aims to growth in intellectual and academic capacities, skills and understanding's commensurate with personal potentialities

1. Counselling
2. Guidance
3. Support
4. Help

**Options :**

- 86435131607. 1
- 86435131608. 2
- 86435131609. 3
- 86435131610. 4

**Question Number : 22 Question Id : 8643519827 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ is the most important ingredient for successful counselling session

1. The therapist's support of the client
2. The number of sessions
3. The type of therapy
4. The client's age

**Options :**

- 86435131611. 1
- 86435131612. 2
- 86435131613. 3
- 86435131614. 4

**Question Number : 23 Question Id : 8643519828 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ is a short-term therapy that focuses on encouraging client's behavioural strengths

1. Cognitive-behavioral therapy
2. Integrative therapy
3. Common-factors therapy
4. Well-being therapy

**Options :**

- 86435131615. 1
- 86435131616. 2
- 86435131617. 3
- 86435131618. 4

**Question Number : 24 Question Id : 8643519829 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Torrance Tests of Creative Thinking (TTCT) are mainly focused creative \_\_\_\_\_

1. Products
2. Personality
3. Processes
4. Persuasion

**Options :**

- 86435131619. 1
- 86435131620. 2
- 86435131621. 3
- 86435131622. 4

**Question Number : 25 Question Id : 8643519830 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

The IQ range of people with moderate mental retardation is \_\_\_\_\_

1. 35 to 54
2. 10 to 19
3. 55 to 70
4. 20 to 34

**Options :**

- 86435131623. 1
- 86435131624. 2
- 86435131625. 3
- 86435131626. 4

**Question Number : 26 Question Id : 8643519831 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

The field of \_\_\_\_\_ psychology helps the teacher to understand his / her students overall potentiality

1. Educational
2. Clinical
3. Developmental
4. Child

**Options :**

86435131627. 1  
86435131628. 2  
86435131629. 3  
86435131630. 4

**Question Number : 27 Question Id : 8643519832 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ is a process of getting an object of thought clearly before in the person's mind

1. Perception
2. Motivation
3. Attention
4. Intelligence

**Options :**

86435131631. 1  
86435131632. 2  
86435131633. 3  
86435131634. 4

**Question Number : 28 Question Id : 8643519833 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ warm, friendly understanding which are essential for an effective relationship between the client and the counselor during the therapeutic process

1. Transference
2. Rapport
3. Attitude
4. Relationship

**Options :**

- 86435131635. 1
- 86435131636. 2
- 86435131637. 3
- 86435131638. 4

**Question Number : 29 Question Id : 8643519834 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Behaviour modification technique is based on \_\_\_\_\_

1. Cognitive behavioural therapy
2. Behaviour therapy
3. Humanistic therapy
4. Client centered therapy

**Options :**

- 86435131639. 1
- 86435131640. 2
- 86435131641. 3
- 86435131642. 4

**Question Number : 30 Question Id : 8643519835 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**



Clinical psychologists and counseling psychologists are similar as they \_\_\_\_\_

1. Have in common the fostering of personal growth
2. Use many of the same tools of assessment
3. Both receive training in assessment and therapy
4. All of the above

**Options :**

- 86435131643. 1
- 86435131644. 2
- 86435131645. 3
- 86435131646. 4

**Question Number : 31 Question Id : 8643519836 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ encourages the patients to speak whatever comes to mind, even if it seems senseless, painful, or embarrassing

1. Skinner
2. Sigmund freud
3. Wolpe
4. Watson

**Options :**

- 86435131647. 1
- 86435131648. 2
- 86435131649. 3
- 86435131650. 4

**Question Number : 32 Question Id : 8643519837 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Carl Rogers, who was profounded\_\_\_\_\_

1. Psychoanalysis
2. Client-centered therapy
3. Directive therapy
4. Existential therapy

**Options :**

- 86435131651. 1
- 86435131652. 2
- 86435131653. 3
- 86435131654. 4

**Question Number : 33 Question Id : 8643519838 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Personal counseling is a profession that aims to \_\_\_\_\_

1. Solely address behavior
2. Provide a successful diagnosis in psychopathology
3. Ensure that clients are on the correct medication
4. Promote personal growth and productivity of individual

**Options :**

- 86435131655. 1
- 86435131656. 2
- 86435131657. 3
- 86435131658. 4

**Question Number : 34 Question Id : 8643519839 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

The major objective of encounter group is \_\_\_\_\_

1. Enables individuals to interact with others in a social setting
2. Encourages team building
3. Encourages therapy and self-growth through disclosure and interaction
4. Aids the therapist in diagnosis

**Options :**

86435131659. 1

86435131660. 2

86435131661. 3

86435131662. 4

**Question Number : 35 Question Id : 8643519840 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

In counseling, the family therapy is generally used to:

1. Improve communications between members of the family
2. Resolve specific conflicts - for example between adolescents and their parents
3. Attempts to understand the family as a social system
4. All of the above

**Options :**

86435131663. 1

86435131664. 2

86435131665. 3

86435131666. 4

**Question Number : 36 Question Id : 8643519841 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

According to Behaviour therapy, Maturation and\_\_\_\_\_ go hand in hand in the overall development of personality

1. Evolution
2. Development
3. Involution
4. Learning

**Options :**

- 86435131667. 1
- 86435131668. 2
- 86435131669. 3
- 86435131670. 4

**Question Number : 37 Question Id : 8643519842 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ guidance service suggests the importance for maintaining continuous effort of knowing the whereabouts of the graduates and drop outs?

1. Evaluation
2. Placement
3. Follow-up
4. Counseling

**Options :**

- 86435131671. 1
- 86435131672. 2
- 86435131673. 3
- 86435131674. 4

**Question Number : 38 Question Id : 8643519843 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ concerns the regular check-up of the effectiveness of guidance program?

1. Follow-up
2. Research and Evaluation
3. Counseling
4. Placement

**Options :**

- 86435131675. 1
- 86435131676. 2
- 86435131677. 3
- 86435131678. 4

**Question Number : 39 Question Id : 8643519844 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

If counseling service is to gain understanding of oneself: Follow-up is to \_\_\_\_\_

1. Indicate what program may be improved
2. Keep in constant touch with former student
3. Help the student in achieving particular placement he desires
4. Understand the world of work

**Options :**

- 86435131679. 1
- 86435131680. 2
- 86435131681. 3
- 86435131682. 4

**Question Number : 40 Question Id : 8643519845 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

What type of learner is he when he can perform better than expected?

1. Gifted
2. Slow learner
3. Under-achieving
4. Over-achieving

**Options :**

86435131683. 1

86435131684. 2

86435131685. 3

86435131686. 4

**Question Number : 41 Question Id : 8643519846 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

\_\_\_\_\_ kind of guidance service does the counselor perform when she schedules job fairing in the college

1. Educational placement
2. Occupational placement
3. Career information
4. Follow-up

**Options :**

86435131687. 1

86435131688. 2

86435131689. 3

86435131690. 4

**Question Number : 42 Question Id : 8643519847 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

The main aim of educational guidance is\_\_\_\_\_

1. To solve the problems
2. Student Development
3. Improvement of Curriculum
4. None of the above

**Options :**

- 86435131691. 1
- 86435131692. 2
- 86435131693. 3
- 86435131694. 4

**Question Number : 43 Question Id : 8643519848 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

For organizing eclectic counseling which of the following is most important :

1. Preparation for counseling
2. Selection of techniques
3. Study of needs and personality characteristics
4. Seeking the opinion of the client and other related people

**Options :**

- 86435131695. 1
- 86435131696. 2
- 86435131697. 3
- 86435131698. 4

**Question Number : 44 Question Id : 8643519849 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Non-directive counseling is mainly meant for \_\_\_\_\_

1. Analysis of client data
2. Diagnosis of relevant factor
3. Placement service
4. Emotional release

**Options :**

- 86435131699. 1
- 86435131700. 2
- 86435131701. 3
- 86435131702. 4

**Question Number : 45 Question Id : 8643519850 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

A different way to look at career types is to consider the subjective experience of an employee. Schein outlined eight different career anchors that people can hold, what mixture do they consist of?

1. Abilities, motives, needs and values
2. Pride, status, salary and abilities
3. Motives, needs, status and salary
4. Status, salary, pride and perks

**Options :**

- 86435131703. 1
- 86435131704. 2
- 86435131705. 3
- 86435131706. 4

**Question Number : 46 Question Id : 8643519851 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**



Educational psychology is branch of psychology. Psychology is a science.  
Who is the father of experimental Psychology?

1. Boring
2. Hull
3. Wundt
4. Tolman

**Options :**

- 86435131707. 1
- 86435131708. 2
- 86435131709. 3
- 86435131710. 4

**Question Number : 47 Question Id : 8643519852 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No  
Correct Marks : 2 Wrong Marks : 0**

The oldest method in psychology is \_\_\_\_\_

1. Introspection
2. Observation
3. Case study
4. Clinical method

**Options :**

- 86435131711. 1
- 86435131712. 2
- 86435131713. 3
- 86435131714. 4

**Question Number : 48 Question Id : 8643519853 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No  
Correct Marks : 2 Wrong Marks : 0**

Name the method which deals with only one person at a time and promotes his adjustment

1. Case study
2. Questionnaire
3. Clinical method
4. Experimental method

**Options :**

86435131715. 1  
86435131716. 2  
86435131717. 3  
86435131718. 4

**Question Number : 49 Question Id : 8643519854 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

The basic foundations of physical, mental and personality development are laid in the period of \_\_\_\_\_

1. Adulthood
2. Adolescence
3. Childhood
4. Infancy

**Options :**

86435131719. 1  
86435131720. 2  
86435131721. 3  
86435131722. 4

**Question Number : 50 Question Id : 8643519855 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0**

Changes in behaviour remit from \_\_\_\_\_

1. Learning alone
2. Maturation alone
3. Learning and maturation, both in important amounts
4. Maturation primarily

**Options :**

86435131723. 1

86435131724. 2

86435131725. 3

86435131726. 4