

Educational Guidance and Counselling Practice Test 1

60 original multiple-choice questions for teacher test preparation (FPSC / FGEI / PPSC style). Choose one answer for each question. The full answer key is on the last page — worked explanations for every question are free on the test page at QuaidianPoint.com.

Name: _____ Class: _____ Score: _____ / 60

Concept, Meaning and Nature of Guidance

Q1. Which statement best describes guidance in education?

- (A) A system for punishing learners who break school rules
- (B) A planned process of helping a learner understand himself, his abilities and his opportunities so that he can make wise choices
- (C) A method of preparing learners only for board examinations
- (D) A record of marks kept by the class teacher

Q2. A class teacher notices that a bright student has become quiet and withdrawn. Instead of scolding him, she talks to him privately, listens to his difficulty and helps him plan his next step. This action is an example of:

- (A) Giving a direct order to improve his marks
- (B) Coaching him for a competitive test
- (C) Applying a disciplinary punishment
- (D) Providing guidance

Q3. Guidance is best understood as a process that is:

- (A) Continuous and developmental, extending across the school years
- (B) Offered only in the final year of schooling, when pupils choose their next course
- (C) Provided mainly through occasional talks by visiting speakers
- (D) Organised around examination results and promotion decisions alone

Q4. Which of the following is a central characteristic of guidance?

- (A) It forces the learner to accept the teacher's decision, even when that decision does not suit his interests, abilities or personal circumstances
- (B) It ranks learners against one another for promotion
- (C) It respects the learner's freedom to make his own decision
- (D) It replaces classroom teaching with private tuition

Q5. The need for guidance in schools arises mainly because:

- (A) Learners differ in interests, abilities, backgrounds and problems, and need help in adjusting and choosing
- (B) Teachers need extra periods to complete the syllabus, especially in subjects where the course is long and the examination is approaching
- (C) Parents want longer school holidays for their children
- (D) Schools need more buildings and furniture

Q6. Which is NOT a correct idea about guidance?

- (A) Guidance is a service for all learners, not only for problem cases, and it supports able learners as well as those facing difficulties
- (B) Guidance means solving every problem for the learner without his participation
- (C) Guidance is based on knowledge of the learner and his environment
- (D) Guidance aims at the all-round development of the learner

Q7. A school that arranges orientation for new students, study-skills sessions and talks on subject choices is providing guidance that is mainly:

- (A) Corrective, because it deals only with failures
- (B) Punitive, because it controls behaviour
- (C) Financial, because it concerns school fees
- (D) Preventive and developmental, because it prepares learners before problems arise

Q8. Guidance is different from instruction because guidance primarily deals with:

- (A) Covering textbook chapters in sequence
- (B) Setting question papers and marking scripts
- (C) The learner's personal growth, adjustment and choices
- (D) Maintaining the school timetable

Q9. The most suitable definition of guidance for a teacher-training test is that guidance is:

- (A) Assistance given to an individual to help him adjust to life and make decisions suited to his capacities
- (B) Advice given only to parents about school admission
- (C) A set of rules for classroom discipline
- (D) A programme for selecting monitors and prefects

Q10. A student says, "I do not know whether I should take science or arts after class 10." The teacher who discusses his interests, his past performance and the demands of each stream, without deciding for him, is:

- (A) Testing his memory of science facts
- (B) Enforcing a school policy on admissions
- (C) Preparing his examination timetable
- (D) Guiding him toward an informed choice

Q11. Which of the following best shows that guidance is learner-centred?

- (A) Every student in a class is told to choose the same career, regardless of differences in interest, ability, background or personal ambition
- (B) Help is shaped around the individual learner's needs, interests and capacities
- (C) The school follows one fixed plan for all students regardless of need
- (D) Decisions are made by the teacher and announced to the class

Q12. Guidance in a school is most effective when it is:

- (A) Offered only when a student is in serious trouble, after teachers have exhausted all other ways of handling his behaviour or failure
- (B) Kept secret from parents and other teachers
- (C) Organised as a regular service involving teachers, parents and the school head
- (D) Based only on the teacher's personal opinion of the student

Q13. The phrase "guidance is a cooperative enterprise" means that:

- (A) Teachers, counsellors, parents and the learner himself share responsibility for it
- (B) Only the school counsellor is responsible for every learner, while teachers and parents are expected to take no part in guidance work
- (C) Guidance work is done outside school hours only
- (D) Students must cooperate by accepting whatever advice is given

Q14. A teacher who keeps a cumulative record of a student's interests, health, family background and progress is building a basis for:

- (A) Awarding a scholarship on merit alone, based only on examination marks, without considering the learner's needs, interests or background
- (B) Sound guidance, because decisions can rest on full information about the learner
- (C) Promoting the student to the next class automatically
- (D) Reducing the number of subjects the student must study

Q15. Which situation calls most clearly for guidance rather than for teaching alone?

- (A) A student needs to learn a new formula in mathematics, which the teacher can explain and practise with him in an ordinary lesson
- (B) A class needs revision of a chapter before a test
- (C) A teacher needs to explain a diagram on the board
- (D) A student is anxious, confused about his future and unable to concentrate on study

Guidance and Counselling: Meaning and Differences

Q16. Counselling is best described as:

- (A) A lecture delivered to a whole class on career options, in which all students receive the same general information at the same time and no individual problem is discussed
- (B) A general talk given at a school assembly
- (C) A face-to-face helping relationship in which a trained person assists an individual to explore a problem and reach his own solution
- (D) A written notice about school rules

Q17. The main difference between guidance and counselling is that:

- (A) Guidance is a broader service, while counselling is a more personal and intensive part of that service
- (B) Guidance is only for adults, while counselling is only for children
- (C) Guidance requires no training, while counselling requires a degree in medicine
- (D) Guidance deals with feelings, while counselling deals only with marks

Q18. A counsellor who listens without judging, reflects the student's feelings and helps him clarify his own thinking is practising:

- (A) Disciplinary action against the student
- (B) Counselling, because the focus is the student's own exploration and decision
- (C) Group teaching of a new topic
- (D) Administrative supervision of the school

Q19. Which activity is an example of counselling rather than general guidance?

- (A) Distributing a pamphlet on subject combinations to all students
- (B) Arranging a career exhibition for the whole school
- (C) Giving an assembly talk on study habits
- (D) Meeting a distressed student privately over several sessions to work through a personal difficulty

Q20. Which statement about counselling is correct?

- (A) The counsellor decides the solution and the student must accept it, even if the solution does not match the student's own values or wishes
- (B) The counsellor's main job is to collect school fees
- (C) The counsellor helps the counsellee gain insight and make his own responsible decision
- (D) The counsellor only works with students who have broken school rules

Q21. A school organises a group session in which students discuss examination stress and share coping strategies under a teacher's guidance. This is best classified as:

- (A) Group counselling, because learners explore a shared concern with skilled facilitation
- (B) A punishment session for weak students, in which low achievers are scolded and warned about their poor performance in examinations
- (C) A subject lesson in psychology
- (D) A parents' meeting about admissions

Q22. Which of the following is NOT a feature of good counselling?

- (A) Respect for the counsellee's privacy and confidentiality, with personal information kept secure and shared only with the counsellee's consent
- (B) Acceptance of the counsellee without ridicule or blame
- (C) A warm and trusting relationship between counsellor and counsellee
- (D) Public discussion of the student's private problem in the staff room

Q23. A student confides in the school counsellor about a family problem. The counsellor should:

- (A) Announce the problem in the morning assembly for advice, so that the whole school hears about the student's private family difficulty
- (B) Keep the confidence, listen carefully and help the student consider workable steps
- (C) Tell the whole class so they can sympathise
- (D) Ignore the matter and advise the student to forget it

Q24. The term "counsellee" refers to:

- (A) The person who provides counselling
- (B) The head of the school
- (C) The person who seeks and receives counselling help
- (D) A teacher who trains counsellors

Q25. Guidance differs from counselling in scope because:

- (A) Guidance serves groups and individuals through many activities, while counselling usually works with an individual or a small group in depth
- (B) Guidance is only for primary classes, while counselling is only for college students, with no guidance or counselling offered at any other stage of schooling
- (C) Guidance uses no records, while counselling uses only records
- (D) Guidance is informal, while counselling is always a written examination

Q26. Which pair correctly matches the service with its example?

- (A) Counselling - a private session with a student troubled by stage fear
- (B) Guidance - a private session with a student troubled by stage fear, presented as a general service for the whole school
- (C) Counselling - a printed prospectus sent to all parents
- (D) Guidance - a single therapy session for a serious emotional disorder

Q27. In a counselling interview, the counsellor's first task is usually to:

- (A) Give the student a ready-made solution at once, without listening to his problem, exploring alternatives or considering his own wishes
- (B) Establish rapport and help the student state his problem in his own words
- (C) Call the student's parents before listening to the student
- (D) Test the student's knowledge of the subject

Q28. Which statement best distinguishes advice from counselling?

- (A) Advice is given by friends, while counselling is given only by doctors, with no other trained person permitted to offer counselling help
- (B) Advice is a single suggestion, while counselling is a process of exploration leading to self-understanding
- (C) Advice is always correct, while counselling is always uncertain
- (D) Advice and counselling are identical in every respect

Q29. A counsellor avoids imposing his own values on a student because:

- (A) Counselling respects the counsellee's autonomy and right to decide for himself
- (B) The school timetable does not allow long discussions
- (C) Parents have already decided the student's future
- (D) The counsellor is not permitted to speak in the school

Q30. A student who is referred to a counsellor after repeated quarrels with classmates most needs:

- (A) A new set of textbooks, chosen from the school bookshop, to replace the books the student already uses in his daily lessons
- (B) A change of school uniform
- (C) A longer lunch break
- (D) A helping relationship in which he can examine his behaviour and learn better ways of relating to others

Need, Scope and Principles of Guidance

Q31. Which of the following shows the scope of guidance in a school?

- (A) Guidance covers only the choice of subjects in class 9, with no help offered in earlier classes or in later stages of education
- (B) Guidance covers educational, vocational, personal and social aspects of the learner's life
- (C) Guidance covers only the preparation of the school magazine
- (D) Guidance covers only discipline cases referred by teachers

Q32. The need for guidance has grown in modern times mainly because:

- (A) The range of subjects, careers and life choices has widened, while family and community guidance has weakened
- (B) Schools now have fewer teachers than before, so classes have become larger and teachers have less time for individual learners
- (C) Students now read fewer books than before
- (D) Examinations have become easier than before

Q33. A student from a rural area joins a city school and struggles with the new language, routine and social setting. The guidance need illustrated here is:

- (A) A need for a new uniform, bought from the school shop, to replace the uniform the student already wears every day
- (B) A need for extra homework
- (C) A need for a school transfer certificate
- (D) A need for adjustment to a new environment

Q34. Which principle of guidance requires that help be based on reliable information about the learner?

- (A) Guidance should follow the teacher's first impression, formed in the first meeting, without checking records, tests or background information
- (B) Guidance should depend on what classmates say about the learner
- (C) Guidance should rest on a careful study of the individual, including his abilities, interests and background
- (D) Guidance should use the same advice for every learner in the class

Q35. The principle that guidance is for every student, not only for those in difficulty, is best expressed as:

- (A) Guidance is a punishment service
- (B) Guidance is a service for all learners at all stages
- (C) Guidance is a privilege for high achievers only
- (D) Guidance is a service for final-year students only

Q36. Which of the following is a recognised principle of guidance?

- (A) The dignity and worth of the individual should be respected in all guidance work
- (B) The learner's private information should be shared freely with others, including classmates, visitors and anyone who asks about him
- (C) The counsellor should decide the learner's career for him
- (D) Guidance should stop once a learner passes one examination

Q37. A guidance worker who treats a student's problem as part of his total life, including home, health, friends and study, is applying the principle that:

- (A) Guidance deals only with examination marks
- (B) Guidance should be given in a single short meeting
- (C) Guidance views the individual as a whole person
- (D) Guidance concerns only the school timetable

Q38. Which situation violates the principle of confidentiality in guidance?

- (A) A counsellor keeps a student's personal disclosure private
- (B) A counsellor seeks the student's permission before sharing information with a parent
- (C) A counsellor stores records securely and shares them only when necessary
- (D) A counsellor discusses a student's private problem with colleagues in the corridor

Q39. The principle of self-direction in guidance means that:

- (A) The teacher directs every step the student takes, telling him exactly what to study, what to choose and how to behave
- (B) The learner is helped to understand himself and to direct his own growth and decisions
- (C) The school directs students into careers without consulting them
- (D) Parents direct all subject choices without the student's involvement

Q40. Which of the following is NOT a principle of guidance?

- (A) Guidance should be based on knowledge of the individual
- (B) Guidance should respect individual differences
- (C) Guidance should impose one fixed career path on all learners
- (D) Guidance should be a continuous process

Q41. A school guidance programme that includes orientation, testing, counselling, placement and follow-up is showing that guidance is:

- (A) A programme concerned mainly with examination results and promotion
- (B) A service provided mainly by one teacher working alone
- (C) A programme that deals only with pupils who are in serious difficulty
- (D) An organised programme with several related services

Q42. Follow-up service in guidance is important because it:

- (A) Checks whether the help given actually worked and whether further help is needed
- (B) Punishes students who did not follow advice, by warning them, reducing their marks or reporting them to the head teacher
- (C) Ends all contact with the student after one meeting
- (D) Replaces the need for counselling altogether

Q43. Which need is most likely to bring a student to a guidance worker in a secondary school in Pakistan?

- (A) A wish to buy a new school bag, preferably in a favourite colour, to carry books and stationery to school every day
- (B) Uncertainty about subject selection, career choice or study problems
- (C) A wish to change the school uniform colour
- (D) A wish to shorten the school day

Q44. The scope of guidance at the primary stage mainly emphasises:

- (A) Helping young children adjust to school, develop good habits and feel secure
- (B) Selecting a profession for the child at age eight, based on parents' wishes, without considering the child's own development
- (C) Preparing children for university entrance tests
- (D) Training children for a specific trade

Q45. A guidance programme fails when teachers treat it as the counsellor's job alone. This shows the principle that guidance requires:

- (A) Complete secrecy from all teachers
- (B) Extra salary for the counsellor only
- (C) A separate building for guidance work
- (D) Cooperation of the whole school staff

Aims of Guidance in Schools

Q46. The primary aim of school guidance is to help the learner:

- (A) Memorise the largest possible number of facts, even if he does not understand them, cannot apply them or forgets them quickly
- (B) Win every competition entered
- (C) Develop to his fullest potential and make adjustments suited to his capacities
- (D) Avoid all subjects he finds difficult

Q47. One important aim of guidance is self-understanding. This means helping the learner to:

- (A) Know his own strengths, weaknesses, interests and values realistically
- (B) Compare himself constantly with the top student in the class
- (C) Hide his weaknesses from teachers and parents
- (D) Accept whatever career his friends choose

Q48. A guidance programme that helps students choose subjects matching their abilities and interests is pursuing the aim of:

- (A) Increasing school income, through higher fees, donations and charges for extra services offered to students and parents
- (B) Helping learners make wise educational and vocational choices
- (C) Reducing the number of teachers needed
- (D) Shortening the academic session

Q49. Which aim of guidance is illustrated when a shy student gradually learns to speak in class, join group work and express his views?

- (A) Improving the school building, by repairing classrooms, painting walls and adding new furniture for teachers and learners
- (B) Raising examination fees
- (C) Increasing homework load
- (D) Promoting personal and social adjustment

Q50. Guidance aims to prevent problems as well as to solve them. This preventive aim is best seen when a school:

- (A) Waits until students fail before offering any help, leaving them to struggle alone until their problems become serious
- (B) Punishes students who show signs of stress
- (C) Teaches study skills, time management and coping strategies to all students early in the session
- (D) Removes struggling students from the school roll

Q51. A student who wastes time, misses deadlines and then feels guilty is helped by a guidance worker who teaches planning and self-monitoring. The aim here is to develop:

- (A) A larger school library
- (B) Self-management and responsible behaviour in the learner
- (C) A stricter punishment system
- (D) A new examination schedule

Q52. Which of the following is an aim of guidance rather than an aim of examination?

- (A) Awarding grades to rank students, from highest to lowest, so that promotion, prizes and class positions can be decided
- (B) Selecting students for promotion to the next class
- (C) Helping each learner understand his educational opportunities and use them well
- (D) Certifying completion of a course

Q53. Guidance in schools also aims to help learners adjust to:

- (A) The school timetable only, showing the timing of lessons, breaks and assemblies for each class in the school
- (B) The examination hall only
- (C) The library rules only
- (D) School, home, peers and the wider community

Q54. A guidance service that informs students about further study options, scholarships and entry requirements is working toward the aim of:

- (A) Collecting school funds, including fees, fines and donations, and keeping accurate accounts of all money received
- (B) Enforcing attendance rules
- (C) Providing useful and up-to-date information for decision-making
- (D) Organising sports competitions

Q55. Which outcome would show that a school guidance programme is meeting its aims?

- (A) Students join after-school sports clubs in larger numbers
- (B) Teachers spend less time marking examination papers
- (C) Parents attend school events in larger numbers
- (D) Students choose subjects more thoughtfully, cope better with setbacks and seek help earlier

Q56. The aim of guidance for a learner with a physical disability is best stated as helping him to:

- (A) Avoid all school activities and stay at home, missing lessons, friendships and opportunities to learn with other children
- (B) Study only subjects that require no effort
- (C) Depend entirely on others for every decision
- (D) Make the fullest use of his capacities and participate as fully as possible in school life

Q57. Which statement about the aims of guidance is correct?

- (A) Guidance aims only at raising examination scores
- (B) Guidance aims only at finding jobs for school leavers
- (C) Guidance aims at the balanced development of the learner: intellectual, emotional, social and moral
- (D) Guidance aims only at reducing the school dropout rate by any means

Q58. A school that uses guidance to help students understand the world of work, their own aptitudes and the training routes available is pursuing:

- (A) A purely academic aim with no link to life after school, concerned only with syllabus coverage and examination results
- (B) The aim of preparing learners for life and work beyond school
- (C) A financial aim to raise school revenue
- (D) A disciplinary aim to control student behaviour

Q59. Which of the following is the most comprehensive aim of guidance?

- (A) To help the learner know himself, understand his environment and make the best possible adjustment and choices
- (B) To help the learner pass the next examination, by focusing only on revision, practice questions and test techniques in the coming term
- (C) To help the learner choose one textbook
- (D) To help the learner win a single prize

Q60. Guidance ultimately seeks to produce a learner who is:

- (A) Dependent on the teacher for every small decision, asking for permission and direction before taking any step himself
- (B) Afraid to try anything new or difficult
- (C) Self-reliant, well-adjusted and able to make responsible decisions
- (D) Focused only on marks, regardless of character or well-being

Answer Key

Q1: B	Q11: B	Q21: A	Q31: B	Q41: D	Q51: B
Q2: D	Q12: C	Q22: D	Q32: A	Q42: A	Q52: C
Q3: A	Q13: A	Q23: B	Q33: D	Q43: B	Q53: D
Q4: C	Q14: B	Q24: C	Q34: C	Q44: A	Q54: C
Q5: A	Q15: D	Q25: A	Q35: B	Q45: D	Q55: D
Q6: B	Q16: C	Q26: A	Q36: A	Q46: C	Q56: D
Q7: D	Q17: A	Q27: B	Q37: C	Q47: A	Q57: C
Q8: C	Q18: B	Q28: B	Q38: D	Q48: B	Q58: B
Q9: A	Q19: D	Q29: A	Q39: B	Q49: D	Q59: A
Q10: D	Q20: C	Q30: D	Q40: C	Q50: C	Q60: C

Worked explanations for all 60 questions:

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