Educational Guidance and Counselling Practice Test 3

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 and Meaning of Counselling

Q1. Which of the following best defines counselling?

(A) Giving direct orders to a student about what career to choose
(B) Testing students and announcing their marks in class
(C) A professional helping relationship in which a trained person assists another person to understand himself and solve his problems
(D) Delivering a lecture on discipline to the whole school

Q2. Counselling in a school is mainly concerned with the personal, social, and emotional life of the student. Which area is its primary focus?

(A) Personal and emotional adjustment of the learner
(B) Construction of the school building
(C) Preparation of the school timetable
(D) Collection of school fees

Q3. A student is confused about his studies, feels low, and cannot concentrate. The counsellor helps him explore his feelings, understand the causes, and plan his next steps. What is the counsellor mainly doing?

(A) Teaching the student the syllabus content he has missed in class
(B) Arranging extra coaching classes to improve his examination marks
(C) Checking his attendance record and homework completion each week
(D) Facilitating self-understanding and problem solving

Q4. Which statement best describes the nature of counselling?

(A) It is a one-way speech given by an expert
(B) It is an interactive process between counsellor and counsellee
(C) It is a written examination of personality
(D) It is a medical treatment given in a hospital only

Q5. Which feature best describes a good counselling relationship?

(A) The counsellor controls every decision of the student
(B) A trust-based, collaborative relationship built on respect and openness
(C) A formal relationship based only on rules and punishment
(D) A relationship in which the student must agree with the counsellor

Q6. In school counselling, most work is centred on which time frame?

(A) Present problems and current adjustment of the student
(B) Only the distant past of the student's family
(C) Only the future after the student leaves school
(D) Only the student's performance in one subject

Q7. A school offers both individual counselling and group counselling. What is the main difference between them?

(A) Individual counselling is for teachers and group counselling is for parents
(B) Individual counselling has no counsellor present
(C) Group counselling never discusses personal problems
(D) Individual counselling works with one counsellee at a time, while group counselling works with several counsellees together

Q8. A new student comes to the school counsellor for the first time and looks nervous. What should the counsellor do first?

(A) Ask for the student's report card and start checking marks
(B) Call the parents at once and describe the problem
(C) Listen warmly, put the student at ease, and build rapport
(D) Give the student a long questionnaire to complete silently

Q9. Which statement about participation in counselling is correct?

(A) Participation is voluntary, and the counsellee should come willingly
(B) Participation is always forced by school authorities
(C) Participation requires the counsellee to accept every suggestion
(D) Participation is allowed only once in a student's school life

Q10. How does counselling differ from simple advice-giving?

(A) Advice is longer than counselling
(B) Counselling helps the counsellee reach his own decision instead of only telling him what to do
(C) Advice is given only by doctors
(D) Counselling never offers any information at all

Q11. Which set of qualities is most essential for an effective counsellor?

(A) Strictness, speed, and a loud voice
(B) Knowledge of school rules and record keeping only
(C) Ability to sell courses and collect admissions
(D) Empathy, genuineness, and unconditional positive regard

Q12. The counselling process usually begins with which step?

(A) Writing a final report for the principal
(B) Administering a full battery of psychological tests
(C) Establishing a relationship and understanding the presenting problem
(D) Announcing the solution to the class

Q13. A student tells the counsellor that he wants to study art, but the counsellor personally believes science is better. What should the counsellor avoid?

(A) Exploring the student's interests and abilities
(B) Imposing his own values and preferences on the student
(C) Asking the student about his reasons
(D) Discussing the demands of both fields honestly

Q14. What does confidentiality in counselling mean?

(A) Private information shared by the counsellee is not disclosed without consent, except when there is serious risk of harm
(B) The counsellor shares all details with the whole staff
(C) The counsellee must keep the counsellor's personal life secret
(D) No record of any session is ever kept

Q15. Which of the following is NOT counselling?

(A) Helping a shy student practise social skills
(B) Listening to a student who is worried about home problems
(C) Working with a student on a plan to improve study habits
(D) Delivering a one-time lecture on good manners to all students

Principles of Effective Counselling

Q16. The principle of individuality in counselling means that the counsellor should:

(A) Treat every student in exactly the same way regardless of need
(B) Compare each student with the class topper before helping
(C) Recognise that each person is unique, with his own needs, abilities, and background
(D) Apply the same solution to all similar problems

Q17. Which principle gives the counsellee the right to make his own choices and direct his own life?

(A) The principle of punishment
(B) The principle of self-direction and self-determination
(C) The principle of record keeping
(D) The principle of group discipline, in a typical school week

Q18. A counsellor listens to a student who has failed, without showing contempt or moral judgment. Which principle is the counsellor practising?

(A) Acceptance of the counsellee as a person of worth
(B) Rejection of weak students
(C) Promotion of competition
(D) Strict enforcement of school rules, during the regular school day

Q19. The principle of permissiveness in counselling is best shown when the counsellor:

(A) Forces the student to confess everything in the first meeting, as part of the school's usual programme
(B) Allows only the counsellor to speak during the session
(C) Restricts discussion to marks and grades alone
(D) Allows the counsellee freedom to express feelings and thoughts without fear

Q20. Which practice best reflects the principle of confidentiality?

(A) Discussing a student's personal problem in the staff room
(B) Publishing case notes on the school notice board
(C) Keeping session notes secure and sharing details only with consent or when safety requires it
(D) Telling the student's classmates about the session

Q21. A counsellor works with a student from a different cultural and religious background. The principle of a non-judgmental attitude requires the counsellor to:

(A) Respect the student's background while helping him with his problem
(B) Refuse to work with students from other backgrounds, with the class teacher involved
(C) Try to convert the student to his own views
(D) Judge the student's beliefs by his own standards

Q22. Counselling is often described as a learning process because the counsellee:

(A) Memorises the counsellor's advice word for word
(B) Passes a written test at the end of each session, in the school setting, alongside other pupils
(C) Repeats the same mistake without reflection
(D) Learns new ways of thinking, feeling, and behaving through the sessions

Q23. The principle of continuity in school counselling means that counselling should be:

(A) Limited to a single meeting in the whole year, over the course of a school term, in a normal classroom situation
(B) An ongoing process available over time as needs arise, not a one-time event
(C) Offered only during examinations
(D) Stopped as soon as the student smiles once

Q24. Which principle is violated if the counsellor makes all decisions while the student sits silently?

(A) Active participation of the counsellee in the process
(B) Strict control by the school administration, as practised in many schools
(C) Rapid closure of every case
(D) Use of standard tests for all students

Q25. A student starts crying but says he is not ready to talk about a family matter today. The counsellor says, "Take your time; we can talk when you are ready." Which principle is shown?

(A) Forced disclosure
(B) Immediate diagnosis
(C) Permissiveness and respect for the counsellee's pace
(D) Punishment for silence, with parents informed about the arrangement

Q26. A teacher asks the counsellor what a student said about problems at home. The counsellor politely declines to share details without the student's permission. This action best illustrates:

(A) Lack of cooperation with teachers
(B) Refusal to do school work
(C) Fear of the teacher
(D) The principle of confidentiality

Q27. A student chooses commerce although his parents and the counsellor expected him to choose science. After exploring interests and abilities, the counsellor supports the student's informed choice. Which principle is upheld?

(A) Parental control over counselling, under the supervision of the school counsellor
(B) Self-determination of the counsellee
(C) Popular choice of the majority
(D) Selection by test scores alone

Q28. Which principle requires the counsellor to keep appointments, follow up, and remain reliable over time?

(A) One-time advice
(B) Random availability
(C) Regularity and continuity of the counselling service
(D) Complete secrecy from the student himself, for pupils in the senior classes

Q29. A counsellor considers a student's studies, friendships, family, health, and feelings together rather than focusing on marks alone. Which approach does this reflect?

(A) A narrow focus on one examination result
(B) A focus on punishment only
(C) A focus on the teacher's opinion only
(D) A holistic view of the whole person

Q30. Which principle lies at the base of all other principles of counselling?

(A) Dignity and worth of the individual
(B) Speed of solving every case
(C) Use of expensive tests
(D) Authority of the counsellor over the student

Counselling versus Guidance

Q31. How is guidance related to counselling?

(A) Guidance and counselling are identical and cannot be distinguished, in the context of everyday school work
(B) Guidance is the broader field, and counselling is one important service within it
(C) Counselling has nothing to do with guidance
(D) Guidance is only for adults and counselling is only for children

Q32. What is a main difference in focus between guidance and counselling?

(A) Guidance is always private and counselling is always public
(B) Guidance is only about punishment and counselling is only about praise, as part of routine school organisation, during scheduled guidance periods
(C) Guidance is often preventive and informative, while counselling deals more deeply with personal and emotional problems
(D) Guidance is for weak students and counselling is for bright students

Q33. Guidance in a school can be provided by:

(A) Teachers, parents, and counsellors, often working with groups as well as individuals
(B) Only a psychiatrist in a hospital
(C) Only the principal, in private, once a year
(D) Only outside agencies, never by school staff, with records kept by the school, in consultation with the pupil's teachers

Q34. Counselling, as distinct from general guidance, usually requires:

(A) A large hall and a public announcement, as one element of the school's pastoral care
(B) No training at all
(C) Only a textbook and a timetable
(D) A trained counsellor and a private, trusting setting

Q35. Which statement about the relationship between guidance and counselling is correct?

(A) Guidance is a part of counselling only
(B) All counselling is a form of guidance, but not all guidance is counselling
(C) Neither has any goal in common
(D) Counselling replaces all other guidance services, for a pupil moving to a new class or school

Q36. Which of the following is a recognised guidance service in schools?

(A) Selling school uniforms
(B) Collecting examination fees
(C) Orientation, information, counselling, placement, and follow-up services
(D) Repairing classroom furniture, in the course of the school year, with the support of the guidance team

Q37. A teacher explains to the whole class the subject choices available after Grade 9, with their requirements and career paths. This activity is best described as:

(A) Individual counselling for one distressed student
(B) Medical treatment
(C) Disciplinary action
(D) Guidance through the information service

Q38. A student who is distressed after a family conflict meets the counsellor alone to talk through his feelings and plan how to cope. This is best described as:

(A) Counselling
(B) Morning assembly
(C) A class lecture
(D) A placement test

Q39. Guidance is mainly concerned with helping:

(A) Only students with severe mental illness
(B) Normal individuals to make wise choices and adjustments in everyday life
(C) Only students who have broken school rules, in a typical school week, during the regular school day
(D) Only parents to control their children

Q40. Counselling, compared with general guidance, deals more directly with:

(A) Repair of school buildings
(B) Printing of report cards
(C) Emotional conflicts, personal adjustment problems, and decision difficulties
(D) Admission numbers for the next year, as part of the school's usual programme, with the class teacher involved

Q41. A new teacher is checking the list of services in the school guidance programme. Which item on the list does NOT belong among guidance services?

(A) Orientation for new students
(B) Educational and career information, in the school setting, alongside other pupils
(C) Follow-up of former students
(D) Clinical diagnosis and prescription of medicine for a disorder

Q42. Which situation best shows guidance as a continuous process?

(A) A school reviews each pupil's progress and plans at the start of every year
(B) A single career talk given on the last day of school
(C) A punishment programme for latecomers
(D) A service offered only to pupils who fail examinations

Q43. How does the relationship in counselling usually differ from that in general guidance?

(A) Counselling never involves any relationship at all, in a normal classroom situation, as practised in many schools, with parents informed about the arrangement
(B) Counselling requires a deeper, more personal rapport, while general guidance may be briefer and less intimate
(C) Guidance always requires daily private meetings
(D) Counselling is done only through written notes

Q44. Guidance and counselling share which common aim?

(A) Increasing school income
(B) Reducing the number of students in a class
(C) The optimum development of the individual student
(D) Ensuring every student chooses the same career, under the supervision of the school counsellor

Q45. What is true about the training needed for counselling compared with general guidance work?

(A) Counselling requires specialised training in helping skills and human behaviour
(B) Counselling requires no training at all
(C) Guidance work requires medical training but counselling does not, for pupils in the senior classes
(D) Both require exactly the same brief instruction

Goals and Outcomes of Counselling

Q46. What is the primary goal of counselling?

(A) To make the student obey the counsellor in all matters
(B) To increase the school's examination results at any cost
(C) To keep the student in counselling for as long as possible, in the context of everyday school work
(D) To help the counsellee understand himself and direct his own life more effectively

Q47. A student cannot decide between two subjects. Counselling helps him weigh his interests, abilities, and future plans before choosing. Which goal is being served?

(A) Punishment for indecision
(B) Helping the counsellee make informed and realistic decisions
(C) Delaying all decisions until after school
(D) Choosing for the student without discussion, as part of routine school organisation

Q48. Counselling aims to improve a student's adjustment. This mainly means helping him to:

(A) Avoid all people and problems
(B) Memorise more facts than his classmates, during scheduled guidance periods, with records kept by the school
(C) Cope better with his studies, relationships, and feelings, and maintain mental well-being
(D) Win every competition in school

Q49. Which is a developmental goal of school counselling?

(A) Promoting healthy growth and maturity at each stage of the student's development
(B) Preventing the student from ever facing a difficulty, in consultation with the pupil's teachers
(C) Keeping the student in the same class for years
(D) Giving the same advice to every age group

Q50. A counsellor runs sessions on study skills and stress management for Grade 9 students before examinations, so that problems do not develop. This illustrates which goal?

(A) A remedial goal only
(B) A disciplinary goal
(C) A financial goal
(D) A preventive goal

Q51. A student is already failing and quarrelling with classmates. Counselling works to resolve these existing difficulties. This illustrates which goal?

(A) Ignoring the problem until it disappears, as one element of the school's pastoral care
(B) A remedial goal: resolving a problem that already exists
(C) A building maintenance goal
(D) A goal of increasing enrolment

Q52. After several sessions, a student who used to panic before tests now uses breathing exercises, plans revision, and sits tests calmly. Which counselling outcome is shown?

(A) Greater dependence on the counsellor, for a pupil moving to a new class or school
(B) Better marks without any effort
(C) Improved coping and adjustment to examination stress
(D) Avoidance of all examinations

Q53. What is the ultimate, long-term goal of counselling for a student?

(A) To follow the counsellor's instructions forever, in the course of the school year
(B) To never need to think for himself
(C) To please every teacher and parent at all times
(D) To realise his potential and move towards self-actualisation

Q54. A Grade 10 student is choosing a stream. The counsellor helps him form a realistic picture of his strengths, interests, and limitations. This goal is best called:

(A) Realistic self-appraisal as a basis for choice
(B) Blind confidence in any choice
(C) Rejection of all career information, with the support of the guidance team
(D) Copying the choice of a friend

Q55. Which of the following is NOT a legitimate goal of counselling?

(A) Helping the student solve his own problems
(B) Improving the student's adjustment and well-being, in a typical school week
(C) Making the student permanently dependent on the counsellor
(D) Promoting the student's independence and growth

Q56. In group counselling, an important goal in addition to individual help is to help members to:

(A) Compete against each other in every session, during the regular school day, as part of the school's usual programme
(B) Learn social skills, listen to others, and learn from shared experiences
(C) Keep silent and avoid all interaction
(D) Report each other's secrets to teachers

Q57. Counselling helps a student to accept responsibility for his own behaviour. This goal is important because it:

(A) Allows the student to blame others freely
(B) Makes the counsellor responsible for the student's life, with the class teacher involved
(C) Removes all rules from school life
(D) Enables the student to change what is in his control and grow

Q58. What is the most important immediate goal of the first counselling session?

(A) To build trust, clarify the problem, and agree on what will be worked on
(B) To solve all of the student's life problems at once, in the school setting, alongside other pupils
(C) To complete a full psychological diagnosis
(D) To decide the student's career for him

Q59. A long-term sign that counselling has succeeded is that the student can:

(A) Return to the counsellor for every small decision
(B) Solve new problems independently, using skills learned in counselling
(C) Avoid all difficult situations in future
(D) Repeat the counsellor's words without understanding them, over the course of a school term

Q60. How is the success of counselling best judged?

(A) By the number of sessions held
(B) By how long the student stays in counselling
(C) By the counsellee's improved functioning, adjustment, and growing independence
(D) By how often the counsellor speaks in the session, in a normal classroom situation, as practised in many schools

Answer Key

Q1: C	Q11: D	Q21: A	Q31: B	Q41: D	Q51: B
Q2: A	Q12: C	Q22: D	Q32: C	Q42: A	Q52: C
Q3: D	Q13: B	Q23: B	Q33: A	Q43: B	Q53: D
Q4: B	Q14: A	Q24: A	Q34: D	Q44: C	Q54: A

Q5: B	Q15: D	Q25: C	Q35: B	Q45: A	Q55: C
Q6: A	Q16: C	Q26: D	Q36: C	Q46: D	Q56: B
Q7: D	Q17: B	Q27: B	Q37: D	Q47: B	Q57: D
Q8: C	Q18: A	Q28: C	Q38: A	Q48: C	Q58: A
Q9: A	Q19: D	Q29: D	Q39: B	Q49: A	Q59: B
Q10: B	Q20: C	Q30: A	Q40: C	Q50: D	Q60: C

Worked explanations for all 60 questions:
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