

Educational Guidance and Counselling Practice Test 4

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

Rogers Client-Centered and Person-Centered Approach

Q1. What is the central idea of Rogers person-centered approach?

- (A) People are born bad and must be controlled by authority
- (B) Every person has an innate tendency towards growth, maturity, and self-actualisation
- (C) Behaviour is only the result of rewards and punishments
- (D) Problems are caused only by unconscious childhood wishes

Q2. In Rogers approach, unconditional positive regard means that the counsellor:

- (A) Praises the student only when he gets high marks
- (B) Accepts the student only if he follows school rules
- (C) Judges the student by his family background
- (D) Accepts and values the counsellee as a person, without conditions based on behaviour

Q3. Empathy in person-centered counselling means:

- (A) Understanding the client's feelings and viewpoint as the client himself experiences them
- (B) Feeling sorry for the client and solving his problems for him
- (C) Agreeing with everything the client says
- (D) Diagnosing the client's disorder from a test score

Q4. Congruence or genuineness in a Rogers counsellor means that the counsellor is:

- (A) Honest, real, and transparent in the relationship, without hiding behind a professional mask
- (B) Always cheerful even when he feels otherwise
- (C) Skilled at giving long lectures
- (D) Strict and distant from the client

Q5. Rogers approach is often called non-directive because the counsellor:

- (A) Gives no time to the client at all
- (B) Orders the client to follow a fixed plan
- (C) Does not direct or control the session; the client leads the exploration and decision making
- (D) Refuses to listen to the client

Q6. The client-centered approach of Rogers is also known as:

- (A) Psychoanalytic therapy
- (B) Person-centered therapy
- (C) Behaviour modification therapy
- (D) Medical therapy

Q7. According to Rogers, human nature is basically:

- (A) Selfish and unchangeable
- (B) Empty until filled by rewards
- (C) Ruled only by unconscious drives
- (D) Good, trustworthy, and capable of growth in the right conditions

Q8. Which technique is most characteristic of person-centered counselling?

- (A) Reflection of feelings, in which the counsellor mirrors what the client feels and means
- (B) Prescribing medicine for anxiety
- (C) Giving a token for every correct answer
- (D) Interpreting the client's dreams every session

Q9. The main goal of Rogers counselling is to help the client become:

- (A) Completely dependent on the counsellor
- (B) A perfect student in every subject
- (C) A fully functioning person who trusts his own experience and moves towards self-actualisation
- (D) Free from all rules and responsibilities

Q10. Which of the following is NOT a feature of Rogers person-centered counselling?

- (A) Warmth and acceptance from the counsellor
- (B) Emphasis on the client's present feelings
- (C) Trust in the client's capacity for self-direction
- (D) Interpretation of unconscious conflicts as the main technique

Q11. A student says, "I feel angry because nobody listens to me at home." The counsellor replies, "You feel unheard and angry about it." This response is an example of:

- (A) Giving advice
- (B) Reflection of feelings
- (C) Punishment
- (D) Testing

Q12. In Rogers theory, self-concept refers to:

- (A) The person's organised view of himself, including what he believes he is and what he values
- (B) The marks a student gets in examinations
- (C) The opinion of teachers about a student
- (D) A medical report about a student

Q13. Incongruence in Rogers theory occurs when there is:

- (A) Agreement between teacher and parent
- (B) High marks in all subjects
- (C) A gap between the person's self-concept and his actual experience or feelings
- (D) Regular attendance at school

Q14. Rogers argued that therapeutic change is most likely when the counsellor offers which three core conditions?

- (A) Strict rules, frequent tests, and homework
- (B) Medicine, diagnosis, and hospital care
- (C) Rewards, punishments, and token charts
- (D) Empathy, congruence, and unconditional positive regard

Q15. In person-centered counselling, the counsellor's role is best described as a:

- (A) Judge who decides what is right for the client
- (B) Facilitator who creates a safe relationship so the client can grow and decide
- (C) Teacher who delivers a fixed lesson plan
- (D) Doctor who prescribes treatment

Behavioural Counselling

Q16. Behavioural counselling is mainly based on:

- (A) Principles of learning, including conditioning and reinforcement
- (B) Interpretation of dreams only
- (C) Reflection of feelings only
- (D) Study of family history over many generations, with parents informed about the arrangement

Q17. What is the main focus of behavioural counselling?

- (A) Hidden childhood wishes
- (B) The client's self-concept alone
- (C) Observable behaviour in the present, and the conditions that maintain it
- (D) The counsellor's personal feelings, under the supervision of the school counsellor

Q18. In behavioural terms, reinforcement is a consequence that:

- (A) Always punishes the person
- (B) Has no effect on behaviour
- (C) Is given only once in a lifetime, for pupils in the senior classes
- (D) Increases the likelihood that a behaviour will occur again

Q19. Systematic desensitisation is a behavioural technique used mainly for:

- (A) Teaching a student to memorise poetry
- (B) Reducing phobias and anxiety through gradual exposure combined with relaxation
- (C) Analysing dreams about school
- (D) Reflecting feelings without any plan

Q20. Modelling in behavioural counselling means learning through:

- (A) Reading a textbook silently
- (B) Taking medicine regularly
- (C) Observing another person perform a behaviour and then imitating it
- (D) Talking freely about whatever comes to mind, in the context of everyday school work

Q21. A teacher uses a token system: students earn points for completing homework on time and exchange points for a privilege. This is an example of:

- (A) Free association
- (B) Reflection of feelings, as part of routine school organisation
- (C) Dream interpretation
- (D) A token economy, a behavioural reinforcement system

Q22. The main goal of behavioural counselling is to:

- (A) Explore unconscious conflicts from childhood, during scheduled guidance periods
- (B) Change specific maladaptive behaviours into more useful ones
- (C) Increase dependence on the counsellor
- (D) Avoid setting any clear goals

Q23. In behavioural counselling, the counsellor's role is most like that of a:

- (A) Active teacher and trainer who sets goals, plans steps, and monitors progress
- (B) Silent listener who never suggests any activity, with records kept by the school, in consultation with the pupil's teachers
- (C) Judge of moral character
- (D) Doctor who prescribes medicine

Q24. A student rarely completes homework. A behavioural plan praises and rewards each completed assignment, and completion gradually increases. Which principle is at work?

- (A) Repression
- (B) Transference
- (C) Reinforcement of a desired behaviour
- (D) Free association, as one element of the school's pastoral care

Q25. Extinction in behavioural counselling occurs when:

- (A) A behaviour is rewarded every time, for a pupil moving to a new class or school, in the course of the school year
- (B) A behaviour decreases because the reinforcement that maintained it is removed
- (C) A new medicine is prescribed
- (D) A dream is interpreted correctly

Q26. Punishment in behavioural terms is a consequence that:

- (A) Increases a behaviour
- (B) Has no relation to behaviour, with the support of the guidance team
- (C) Is always the same as praise
- (D) Decreases the likelihood that a behaviour will occur again

Q27. How does a behavioural counsellor usually begin assessment?

- (A) By observing and recording the frequency, setting, and consequences of the target behaviour
- (B) By asking only about the client's dreams
- (C) By refusing to set any target at all
- (D) By giving a single IQ score and stopping there, in a typical school week, during the regular school day

Q28. Assertiveness training, a behavioural technique, teaches a person to:

- (A) Stay silent in all conflicts
- (B) Attack others verbally to get his way, as part of the school's usual programme
- (C) Express needs, feelings, and opinions confidently and respectfully
- (D) Avoid all social situations

Q29. Behavioural counselling is best described as:

- (A) Present-focused, action-oriented, and goal-specific
- (B) Focused only on the distant past
- (C) Based on free discussion with no plan
- (D) Concerned only with unconscious wishes, with the class teacher involved

Q30. Which of the following is NOT a behavioural counselling technique?

- (A) Systematic desensitisation
- (B) Free association
- (C) Modelling
- (D) Reinforcement schedules

Psychoanalytic Counselling

Q31. Psychoanalytic counselling was founded mainly by:

- (A) Carl Rogers
- (B) B. F. Skinner
- (C) John Watson
- (D) Sigmund Freud

Q32. What is the key idea of psychoanalytic counselling about human behaviour?

- (A) Behaviour is shaped only by present rewards
- (B) Behaviour is fully rational and conscious at all times, in the school setting, alongside other pupils
- (C) Unconscious motives, conflicts, and early experiences strongly influence present behaviour
- (D) Behaviour has no causes and cannot be understood

Q33. In Freud's structure of personality, the id is best described as the part that:

- (A) Judges right and wrong by moral standards, over the course of a school term
- (B) Seeks immediate pleasure and satisfaction of instinctual drives
- (C) Plans realistically for the future
- (D) Observes behaviour and gives rewards

Q34. A defence mechanism in psychoanalytic theory is:

- (A) An unconscious way the mind protects itself against anxiety and painful feelings
- (B) A token reward for good behaviour
- (C) A reflection of the client's feelings, in a normal classroom situation, as practised in many schools
- (D) A school rule about discipline

Q35. Free association in psychoanalytic counselling means the client is asked to:

- (A) Earn tokens for good answers
- (B) Practise relaxation exercises daily, with parents informed about the arrangement
- (C) Answer only yes or no questions
- (D) Say whatever comes to mind, without censoring or selecting thoughts

Q36. Transference in psychoanalytic counselling occurs when the client:

- (A) Learns a new skill by watching a model
- (B) Transfers feelings, attitudes, and expectations from important past figures onto the counsellor
- (C) Receives a reward for completing homework, under the supervision of the school counsellor, for pupils in the senior classes
- (D) Changes schools suddenly

Q37. Dream analysis in psychoanalytic counselling explores:

- (A) The marks a student expects in examinations, in the context of everyday school work
- (B) Only the literal story of the dream
- (C) The hidden, latent meaning behind the manifest content of the dream
- (D) The best timetable for study

Q38. The main goal of psychoanalytic counselling is to help the client gain:

- (A) More tokens and privileges, as part of routine school organisation, during scheduled guidance periods
- (B) Faster memorisation skills
- (C) Approval from all teachers
- (D) Insight into unconscious conflicts so that symptoms lose their hold

Q39. According to Freud, the id operates on which principle?

- (A) The pleasure principle
- (B) The reality principle
- (C) The moral principle
- (D) The reinforcement principle

Q40. The ego in Freud's model is best described as the part that:

- (A) Seeks pleasure without any regard for reality, with records kept by the school, in consultation with the pupil's teachers
- (B) Mediates between the id, the superego, and reality, following the reality principle
- (C) Gives tokens for good behaviour
- (D) Reflects the client's feelings back to him

Q41. The superego in Freud's model represents:

- (A) Immediate instinctual drives
- (B) Learned behaviour from rewards
- (C) Internalised moral standards, conscience, and ideals
- (D) The client's present self-concept, as one element of the school's pastoral care

Q42. Psychoanalytic counselling is typically:

- (A) A single brief advice session
- (B) A token-based classroom programme, for a pupil moving to a new class or school, in the course of the school year
- (C) A short relaxation exercise
- (D) Long-term, insight-oriented, and focused on past experience and unconscious conflict

Q43. Resistance in psychoanalytic counselling is shown when a client:

- (A) Avoids, delays, or blocks discussion of painful or threatening topics
- (B) Completes all homework eagerly
- (C) Earns many tokens in class
- (D) Reflects his own feelings clearly, with the support of the guidance team, in a typical school week

Q44. Which technique belongs most clearly to psychoanalytic counselling?

- (A) Systematic desensitisation, during the regular school day, as part of the school's usual programme
- (B) Interpretation of free associations, dreams, and transference
- (C) Token economy
- (D) Modelling a new skill

Q45. Which is a commonly noted limitation of psychoanalytic counselling for ordinary school problems?

- (A) It is too focused on observable behaviour only, with the class teacher involved, in the school setting, alongside other pupils
- (B) It gives too many tokens
- (C) It is often lengthy and time-consuming, and it depends heavily on insight into the past
- (D) It never considers feelings at all

Comparing Theories and Applying Them

Q46. How do Rogers and behavioural counselling differ most clearly in directiveness?

- (A) Rogers is non-directive and client-led, while behavioural counselling is directive and counsellor-planned
- (B) Both are completely silent throughout
- (C) Both refuse to set any goals
- (D) Rogers is directive and behavioural counselling is non-directive, over the course of a school term, in a normal classroom situation

Q47. Behavioural and psychoanalytic counselling differ mainly because behavioural work focuses on the observable present, while psychoanalytic work focuses on:

- (A) Only the school timetable
- (B) Only marks and grades
- (C) Only the counsellor's feelings, as practised in many schools
- (D) The unconscious and past experience

Q48. Which theory places self-actualisation and the fully functioning person at its centre?

- (A) Psychoanalytic theory
- (B) Rogers person-centered theory
- (C) Token economy theory alone, with parents informed about the arrangement
- (D) Medical theory alone

Q49. Which theory relies most on reinforcement, modelling, and desensitisation?

- (A) Psychoanalytic theory
- (B) Person-centered theory
- (C) Behavioural theory
- (D) Dream theory alone

Q50. Transference, free association, and dream interpretation belong to which approach?

- (A) Psychoanalytic approach
- (B) Behavioural approach
- (C) Token economy approach
- (D) Study-skills approach alone

Q51. A student panics at the sight of an examination hall. Which behavioural technique is most suitable as a first plan?

- (A) Free association about childhood
- (B) Reflection of feelings with no further plan, under the supervision of the school counsellor
- (C) Dream interpretation over many months
- (D) Systematic desensitisation through gradual, relaxed exposure to test situations

Q52. A student feels worthless and says nobody accepts him. A counsellor who offers empathy, genuineness, and unconditional positive regard is working mainly from which approach?

- (A) Behavioural approach
- (B) Rogers person-centered approach
- (C) Medical approach
- (D) Punishment-based approach, for pupils in the senior classes

Q53. A student shows repeated patterns that seem linked to early family experiences, and the counsellor aims for insight into unconscious conflict. This points most to:

- (A) A token economy plan
- (B) A relaxation exercise only
- (C) A psychoanalytic approach
- (D) A timetable change only

Q54. What do Rogers, behavioural, and psychoanalytic counselling share despite their differences?

- (A) They all prescribe medicine
- (B) They all use tokens in every session
- (C) They all ignore the client's feelings, in the context of everyday school work, as part of routine school organisation
- (D) They all work through a helping relationship towards understanding and change

Q55. How do the three theories differ in their view of human nature?

- (A) Rogers sees people as naturally growing, psychoanalysis sees inner conflict, and behavioural theory sees behaviour as learned
- (B) All three agree that behaviour is learned from rewards and punishments
- (C) Rogers sees behaviour as learned, psychoanalysis sees natural growth, and behavioural theory sees inner conflict
- (D) Rogers sees self-actualisation through rewards, psychoanalysis sees learning through conditioning, and behavioural theory sees growth through insight

Q56. Which approach is most structured, with specific target behaviours, homework, and progress checks?

- (A) Psychoanalytic approach
- (B) Person-centered approach
- (C) Behavioural approach
- (D) Free discussion with no structure at all

Q57. Which approach gives the least direct advice and lets the client find his own answers?

- (A) Behavioural approach
- (B) Rogers person-centered approach
- (C) Token economy approach, during scheduled guidance periods
- (D) Medical approach

Q58. A counsellor who draws techniques from several theories, choosing what fits the client's problem, is practising which approach?

- (A) A rigid single-theory approach
- (B) A punishment-only approach
- (C) A medical-only approach
- (D) An eclectic approach

Q59. For a quick, practical change in classroom behaviour, such as completing homework regularly, which approach usually offers the most direct plan?

- (A) A behavioural reinforcement plan with clear targets and rewards
- (B) Long-term dream analysis alone
- (C) Free association alone with no plan, with records kept by the school
- (D) Reflection alone with no follow-up

Q60. When choosing among Rogers, behavioural, and psychoanalytic approaches, a school counsellor should base the choice mainly on:

- (A) Which theory is oldest
- (B) Which theory the counsellor personally likes best, regardless of the problem
- (C) The nature of the problem, the needs of the client, and the school setting
- (D) Which theory uses the longest words

Answer Key

Q1: B	Q11: B	Q21: D	Q31: D	Q41: C	Q51: D
Q2: D	Q12: A	Q22: B	Q32: C	Q42: D	Q52: B
Q3: A	Q13: C	Q23: A	Q33: B	Q43: A	Q53: C

Q4: A	Q14: D	Q24: C	Q34: A	Q44: B	Q54: D
Q5: C	Q15: B	Q25: B	Q35: D	Q45: C	Q55: A
Q6: B	Q16: A	Q26: D	Q36: B	Q46: A	Q56: C
Q7: D	Q17: C	Q27: A	Q37: C	Q47: D	Q57: B
Q8: A	Q18: D	Q28: C	Q38: D	Q48: B	Q58: D
Q9: C	Q19: B	Q29: A	Q39: A	Q49: C	Q59: A
Q10: D	Q20: C	Q30: B	Q40: B	Q50: A	Q60: C

Worked explanations for all 60 questions:

quaidianpoint.com/pedagogy-educational-guidance-counselling-practice-test-4/