

Educational Guidance and Counselling Practice Test 6

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

Personal Qualities of a Counsellor

Q1. Which personal quality is most important for a school counsellor?

- (A) Patience and calm listening, even when a student speaks slowly or hesitantly
- (B) Speed in giving advice before the problem is fully understood
- (C) Strict authority over students
- (D) Popularity among students and staff

Q2. A counsellor with good self-awareness will:

- (A) Claim to have no biases at all
- (B) Hide all personal feelings in every situation
- (C) Recognise his own biases and reactions and manage them so they do not affect the client
- (D) Share his biases freely with students

Q3. Warmth in counselling means:

- (A) Agreeing with everything the client says
- (B) Becoming physically familiar with the student
- (C) Being lenient about all school rules
- (D) Showing genuine care in a friendly and respectful manner

Q4. Why is patience particularly important in school counselling?

- (A) It delays decisions that should be made quickly
- (B) Clients often need time to trust the counsellor and to open up
- (C) It makes counselling sessions last longer
- (D) It allows the counsellor to avoid difficult work

Q5. A counsellor should be flexible because:

- (A) Professional rules do not matter in counselling
- (B) Every client and problem is exactly the same
- (C) Plans should never be changed once made
- (D) Clients and problems differ, so the approach must be adapted to each situation

Q6. A sense of humour in counselling should be:

- (A) Used to mock the client's problem
- (B) Light and respectful, and never at the client's expense
- (C) Present as constant joking throughout the session
- (D) Based on teasing the student about his weaknesses

Q7. Integrity in a counsellor means that he:

- (A) Acts honestly, keeps promises and follows professional ethics
- (B) Tries to please every student, teacher and parent
- (C) Hides his mistakes from colleagues
- (D) Changes his advice to please whoever is present

Q8. Which quality helps a counsellor tolerate ambiguity and slow progress?

- (A) A strong need for quick closure in every case
- (B) Rigid thinking about how counselling must proceed
- (C) Comfort with gradual progress and uncertainty about outcomes
- (D) Reliance on a single method for all clients

Q9. Emotional stability helps a counsellor to:

- (A) Feel no emotions during sessions
- (B) Control the client's emotions directly
- (C) Remain calm and think clearly when a session becomes tense or emotional
- (D) Avoid all difficult or distressing cases

Q10. A good counsellor is a good listener mainly because:

- (A) Silence fills the session time
- (B) Listening impresses parents and teachers
- (C) Advice can always wait until later
- (D) Understanding must come before any helpful response

Q11. Open-mindedness in a counsellor means:

- (A) Accepting every claim without thought
- (B) Considering views different from his own without prejudice
- (C) Having no personal values at all
- (D) Agreeing with the client in order to please him

Q12. Which action shows respect for a client's autonomy?

- (A) Supporting the client's own informed decisions
- (B) Deciding a career for the client
- (C) Persuading the client to adopt the counsellor's view
- (D) Requiring obedience to the counsellor's instructions

Q13. A counsellor's own personal problems should be:

- (A) Shared with clients so they can offer sympathy, with the support of the guidance team, in a typical school week
- (B) Managed so they do not interfere with counselling, with supervision sought where needed
- (C) Ignored completely in all circumstances
- (D) Used as examples in every session

Q14. Optimism in a counsellor is valuable when it is:

- (A) A realistic hope that change is possible, even when progress is slow
- (B) A guarantee that every case will succeed
- (C) Denial that the client's difficulty is serious
- (D) Praise given without any basis

Q15. Professional competence of a counsellor includes:

- (A) Knowing the answer to every question
- (B) Academic degrees alone, without practical skill
- (C) Relevant knowledge and skills, ongoing learning, and knowing the limits of one's competence
- (D) Popularity among students

Confidentiality and Professional Ethics

Q16. Confidentiality in counselling means that the counsellor will:

- (A) Never share any information in any situation
- (B) Share case details with close friends
- (C) Tell teachers about sessions as a matter of routine
- (D) Protect private information, disclosing it only with consent or within safety and legal limits

Q17. Which situation is a recognised limit to confidentiality?

- (A) A student receives poor grades
- (B) A student dislikes a teacher
- (C) A student has a minor disagreement with a classmate, during the regular school day, as part of the school's usual programme
- (D) A risk of serious harm to the student or others, abuse, or a legal requirement

Q18. If a student reveals an intention to harm himself, the counsellor must:

- (A) Promise to keep the disclosure completely secret
- (B) Wait for several sessions before taking any action
- (C) Act to ensure the student's safety and inform appropriate persons according to policy
- (D) Advise the student to keep the plan secret from adults, with the class teacher involved, in the school setting, alongside other pupils

Q19. When should a counsellor explain confidentiality and its limits to a client?

- (A) At the start of counselling, clearly and in plain language
- (B) Only if the client asks about it
- (C) After the client has made a serious disclosure
- (D) Never, to avoid worrying the client

Q20. Sharing information with the parents of a minor student should be:

- (A) A full transcript of every session, given routinely
- (B) Relevant information, with the student involved where appropriate, except where safety requires disclosure
- (C) Informal gossip about the student's school life
- (D) Refused in every case, even when the student is in danger, over the course of a school term, in a normal classroom situation

Q21. Informed consent in counselling means that the client:

- (A) Understands the purpose, limits and procedures of counselling and agrees voluntarily
- (B) Signs a form without any explanation
- (C) Obeys whatever the counsellor instructs
- (D) Agrees only after several sessions have taken place, as practised in many schools, with parents informed about the arrangement

Q22. A dual relationship, for example a counsellor also acting as a student's paid private tutor, is problematic because it:

- (A) Saves time for the student
- (B) Creates a conflict of interest and blurs professional boundaries
- (C) Always improves rapport
- (D) Is preferred by most parents, under the supervision of the school counsellor

Q23. A colleague asks a counsellor to share another student's case in a staff meeting. What is the best response?

- (A) Share the full details of the case
- (B) Share only the student's name
- (C) Share details to prove professional competence, for pupils in the senior classes, in the context of everyday school work
- (D) Decline to give identifying details, and discuss general strategies without identifying the student

Q24. When a counsellor is unsure how to handle a difficult case, the ethical course is to:

- (A) Guess and proceed confidently
- (B) Hide the uncertainty from everyone
- (C) Seek supervision or consultation from a qualified colleague
- (D) Refer the student onwards without any explanation, as part of routine school organisation

Q25. Which is an ethical use of counselling test results?

- (A) Publishing scores on a school noticeboard
- (B) Announcing a student's ranking in assembly, during scheduled guidance periods, with records kept by the school
- (C) Sharing relevant results with authorised persons to help the student, with appropriate care
- (D) Using scores to punish the student

Q26. Ethical practice requires a counsellor to treat clients:

- (A) Fairly, regardless of gender, religion, disability or family background
- (B) With preference for high achievers
- (C) With exactly the same advice in every case
- (D) With favour towards families the counsellor knows well, in consultation with the pupil's teachers

Q27. A grateful client offers the counsellor an expensive gift. The counsellor should:

- (A) Accept the gift with thanks, since refusing it might embarrass the client
- (B) Consider school policy, the value of the gift and its possible effect on the relationship, and avoid any influence on professional judgement
- (C) Keep the gift for now and decide later whether it affects the work
- (D) Ask the client to give a smaller gift instead, so the gesture is preserved

Q28. When confidentiality must be broken for safety reasons, disclosure should be:

- (A) Shared as widely as possible
- (B) Made without ever telling the client, in the course of the school year, with the support of the guidance team
- (C) Delayed until the next term
- (D) Limited to the necessary persons and information, with the client informed where possible

Q29. Which of the following violates professional ethics?

- (A) Keeping counselling records securely
- (B) Promising absolute confidentiality and then breaking it without a safety or legal reason
- (C) Explaining the limits of confidentiality at the start, in a typical school week, during the regular school day
- (D) Seeking supervision for a difficult case

Q30. Professional ethics in counselling primarily protect:

- (A) The counsellor's reputation only, as part of the school's usual programme
- (B) The school's ranking
- (C) The counsellor's income
- (D) The client's welfare, trust and rights

Empathy, Acceptance and Genuineness

Q31. A trainee counsellor asks her supervisor what empathy looks like in practice with a client. Which description best captures empathy in counselling?

- (A) Feeling deep sympathy for the client and wanting to rescue him from his problems
- (B) Accepting the client's opinions as correct, even when they conflict with the facts
- (C) Seeing the client's feelings and situation from the client's own point of view
- (D) Offering warm reassurance and praise so the client feels supported

Q32. A student who has failed an examination says he feels worthless. Which response shows empathy?

- (A) It sounds as if this result has left you feeling disappointed and doubting yourself
- (B) Do not worry, many other students failed too
- (C) You should simply study harder next time
- (D) I felt the same once, let me tell you my whole story, with the class teacher involved, in the school setting, alongside other pupils

Q33. Sympathy differs from empathy mainly because sympathy:

- (A) Involves deeper understanding than empathy, over the course of a school term, in a normal classroom situation
- (B) Requires professional training
- (C) Is the same as accurate reflection
- (D) Often involves pity and distance, feeling for the client rather than with the client

Q34. A non-judgemental attitude means that the counsellor:

- (A) Refrains from condemning the client and explores behaviour without moral labelling
- (B) Has no opinions of his own
- (C) Approves of all behaviour
- (D) Avoids discussing the client's behaviour at all, as practised in many schools, with parents informed about the arrangement

Q35. Acceptance of a client does NOT mean:

- (A) Respecting the person's worth
- (B) Approving every action the person takes
- (C) Accepting the person's feelings as real
- (D) Valuing the person despite his mistakes

Q36. A student admits that he cheated in a class test. A non-judgemental counsellor is most likely to:

- (A) Praise his honesty and ignore the cheating entirely, under the supervision of the school counsellor
- (B) Scold and shame him for dishonesty
- (C) Acknowledge the disclosure and explore the reasons and consequences calmly
- (D) Report him immediately without any discussion

Q37. A counsellor who only praises a pupil when he behaves well is showing:

- (A) Unconditional positive regard
- (B) Empathy
- (C) Conditional regard, acceptance that depends on behaviour
- (D) Genuineness

Q38. Which response best shows genuineness?

- (A) False praise to keep the student happy
- (B) Honest and respectful feedback, such as expressing concern about a pattern of missed work
- (C) Only scripted phrases, whatever the situation, in the context of everyday school work, as part of routine school organisation
- (D) Agreeing with the student to avoid conflict

Q39. If a counsellor feels frustrated during a session, genuine and ethical practice is to:

- (A) Show anger directly towards the client
- (B) Suppress the feeling and pretend it does not exist, during scheduled guidance periods
- (C) End the session abruptly
- (D) Manage the feeling, respond professionally, and seek supervision if needed

Q40. Reflecting a client's feelings helps the client mainly because it:

- (A) Clarifies emotions and helps the client feel understood
- (B) Gives the counsellor a chance to offer advice, with records kept by the school
- (C) Changes the client's feelings instantly
- (D) Proves that the counsellor is clever

Q41. Unconditional positive regard is shown when a counsellor:

- (A) Shows consistent respect for the client regardless of the client's mistakes
- (B) Respects only clients with good behaviour, in consultation with the pupil's teachers
- (C) Praises every action the client takes
- (D) Ignores the client's behaviour completely

Q42. A counsellor who is judgemental towards a client is most likely to cause the client to:

- (A) Open up more freely
- (B) Trust the counsellor more, as one element of the school's pastoral care
- (C) Set ambitious goals
- (D) Conceal important information

Q43. Empathy is best communicated through:

- (A) Long and detailed advice
- (B) Attentive listening, accurate reflection and checking understanding
- (C) Nodding silently throughout the session
- (D) Repeating the client's exact words mechanically, for a pupil moving to a new class or school

Q44. Which of the following is NOT an empathetic response?

- (A) You seem anxious about tomorrow's examination
- (B) That must have been hard for you
- (C) I know exactly how you feel, and you are overreacting
- (D) Help me understand what that experience was like for you

Q45. Acceptance helps the counselling process mainly because:

- (A) It removes any need for change
- (B) A safe climate encourages honesty and growth
- (C) The client feels constantly praised
- (D) The counsellor can avoid challenging the client

Professional Conduct and Record-Keeping

Q46. Accurate counselling records should include:

- (A) The counsellor's personal opinions and gossip about the family, in the course of the school year
- (B) Full word-for-word gossip from other students
- (C) Dates, goals, key interventions, progress and referrals, recorded factually
- (D) Details of other students' cases

Q47. Counselling records must be stored:

- (A) Securely, with access limited to authorised persons
- (B) On a shared drive open to all staff
- (C) In an unlocked classroom drawer
- (D) On the counsellor's personal social media account, with the support of the guidance team

Q48. When should counselling records be updated?

- (A) Only at the end of the school year
- (B) Whenever it is convenient for the counsellor
- (C) Never, once the first note has been made
- (D) Promptly after sessions, in factual language

Q49. A professional boundary means that a counsellor should NOT:

- (A) Keep appointments as agreed
- (B) Clarify his professional role with the client, in a typical school week, during the regular school day
- (C) Refer a client onwards when needed
- (D) Meet a student client socially or share personal contact details for friendship

Q50. If a counsellor lacks the expertise needed for a particular case, the ethical action is to:

- (A) Attempt the case anyway to avoid disappointing the student
- (B) Refer the student to a qualified professional
- (C) Give general advice while presenting himself as an expert
- (D) Delay any action indefinitely

Q51. Continuing professional development is important for a counsellor because:

- (A) Certificates look impressive on a wall
- (B) Counselling methods never change
- (C) Knowledge and skills stay current and practice improves over time
- (D) The school requires attendance at training only, as part of the school's usual programme

Q52. In report writing, a counsellor should:

- (A) Be factual and clear, and avoid stigmatising labels
- (B) Include rumours heard about the family
- (C) Exaggerate problems to secure extra support, with the class teacher involved
- (D) Copy wording from another student's report

Q53. Who may access a student's counselling records?

- (A) Anyone who asks for them
- (B) All teachers in the school, in the school setting, alongside other pupils, over the course of a school term
- (C) Authorised persons with a legitimate need, subject to consent and to safety and legal rules
- (D) The student's classmates

Q54. A counsellor's conduct on social media should:

- (A) Maintain professional boundaries and avoid discussing clients
- (B) Accept friend requests from all student clients
- (C) Post case stories that are anonymous but still identifiable, in a normal classroom situation
- (D) Share photographs from counselling sessions

Q55. If a parent demands the full notes of a child's counselling sessions, the counsellor should:

- (A) Hand over only the attendance dates and the number of sessions held, as practised in many schools, with parents informed about the arrangement
- (B) Refer the parent to the head teacher, who can decide what to share
- (C) Wait until counselling ends, then share a full copy with the parent
- (D) Follow school policy, discuss relevant information, and protect confidentiality while involving the student appropriately

Q56. Supervision helps a counsellor by providing a place to:

- (A) Check attendance records
- (B) Reflect on cases, ethics, skills and blind spots with a qualified colleague
- (C) Award marks to students
- (D) Replace formal training entirely, under the supervision of the school counsellor

Q57. Which behaviour after termination would breach professional boundaries?

- (A) Sending a proper summary to the authorised file, for pupils in the senior classes
- (B) Providing referral information to the student
- (C) Inviting a former minor client to personal social events
- (D) Closing the counselling record properly

Q58. Retention and disposal of counselling records should follow:

- (A) The counsellor's memory of each case, in the context of everyday school work, as part of routine school organisation
- (B) The student's preference alone
- (C) No rule at all
- (D) School policy and legal requirements, with secure disposal after the required period

Q59. Ethical decision-making when a dilemma arises should involve:

- (A) Relevant ethics, law, school policy and supervision, with the client's welfare as the priority
- (B) Whatever is most convenient for the counsellor, during scheduled guidance periods, with records kept by the school
- (C) The majority opinion in the staffroom
- (D) Avoiding a decision altogether

Q60. Overall, a professional counsellor is best described as:

- (A) A friend who gives quick advice
- (B) A trained, ethical helper who respects clients, listens carefully, and maintains boundaries and records
- (C) An authority figure who directs the student's choices, in consultation with the pupil's teachers, as one element of the school's pastoral care
- (D) A record keeper only

Answer Key

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

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

Worked explanations for all 60 questions:

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