

**MAHATMA EDUCATION SOCIETY'S  
PILLAI HOC COLLEGE OF EDUCATION AND RESEARCH  
RASAYANI**

**Academic Year 2021-2022**

**Batch 2020-2022 – Semester 4**

**Question Bank  
Subject: EC 3 – Guidance & Counseling  
(3 Marks each)**

1. Explain any three principles of Guidance.
2. State the functions of Guidance
3. State the uses of Aptitude tests.
4. Elucidate the need for educational guidance at the secondary stage.
5. Explain Home as an agency of guidance.
6. Elucidate any three ways of disseminating Secondary sources of information.
7. Explain the stages of Vocational choice as given by Eli Ginzberg.
8. State the limitations of Personality tests.
9. What are the advantages of case-study method
10. Explain the Secondary sources of career information.
11. Explain the need for vocational guidance at the secondary and higher secondary stage.
12. Elaborate on the strategies for individual guidance.
13. Explain the limitations of Interest Inventories.
14. Elaborate factors affecting job satisfaction(any 3)
15. Describe the primary sources through which career information can be availed.

16. Explain the difference between guidance and counselling.
17. Explain the characteristics of counselling.
18. State and explain the three stages of counselling.
19. Explain the four trust promoting conditions given by Carl Rogers for the process of counselling.
20. Elaborate the five stages of directive counselling.
21. Explain and elaborate on the Eclectic Approach.
22. Explain the difference between open and closed ended counselling with respect to, meaning, purpose, examples of questions.
23. Explain Albert Ellis's ABCDE model.
24. Explain the causes and intervention strategies for academic stress.
25. Explain the effects of social media addiction.
26. Explain the functions of a counsellor.
27. Difference between directive and non-directive counselling.
28. Elaborate on the skills required by a Counsellor.
29. Explain the Role of a Teacher as a Counsellor.
30. Elaborate on the three ways to foster positive mental health.

## SEM 4 - Guidance & Counseling MCQ's

QUESTION IN ENGLISH	OPTION 1	OPTION 2	OPTION 3	OPTION 4	CORRECT OPTION
Guidance can be called a process because	One defines problems, identifies choices, sets goals and makes plans to reach that goal	it helps every individual	it is a continuous process	It is a voluntary process	1
Principles of Guidance provides the	Sociological framework for organising guidance activities	Psychological framework for organising guidance activities	Philosophical framework for organising guidance activities	Political framework for organising guidance activities	3
State which of the following statements is NOT TRUE with respect to the principles of guidance	Guidance is a lifelong process	Guidance can take the help of tests for effectiveness	There is no scope for individual differences in guidance	Guidance is a generalised and specialised process	4
The Orientation function of Guidance caters to	To make a student aware of the choices he has	Contribute to the improvement and self-realisation of a student	Helps to think through problems and identify choice-points	Ensure that his personal problems are catered to	1
The Developmental function of Guidance caters to	To make a student aware of the choices he has	Contribute to the improvement and self-realisation of a student	Helps to think through problems and identify choice-points	Ensure that his personal problems are catered to	2
The Adjustive function of Guidance caters to	To make a student aware of the choices he has	Contribute to the improvement and self-realisation of a student	Helps to think through problems and identify choice-points	Ensure that his personal problems are catered to	3
Which of these is NOT a characteristic of a student at the Secondary level	He develops certain likes and dislikes and his interests start maturing.	Intelligence and abilities have grown to almost maximal point.	Personal traits still have to stabilise	He forms certain attitudes towards the school, the teacher and education	3
State which of the following statements is TRUE with respect to the principles of guidance	Guidance helps the client to help himself	The Guide provides the roadmap for the client to follow	The Guide makes intelligent choices for the client to follow	The Guide realises that the client is not normal and thus, helps him	1
Fill in the blanks: According to <b>C.V. Good</b> , "Guidance is a process of dynamic _____ designed to influence the attitude and subsequent behaviour of a person".	independent relationship	interpersonal relationship	open relationship	Closed relationship	2
<b>Ruth Strang</b> defines guidance as a process of helping every individual, to discover and develop his potentialities for his personal happiness and social usefulness with the help of his/her	Own efforts	Parents' efforts	Friends' efforts	The Guide's efforts	1
The purpose of Education can be summed up as	Practical education for all, education for employment for many, education for leadership for few	Education for employment for all, education for leadership for many, practical employment or few	Education for leadership for all, education for employment for many, practical employment for few	Practical employment for all, education for leadership for many, education for employment for few	1
Helping a student to adjust to the school curriculum will NOT involve	Selection of school subjects	Selection of books for each subject	Making friends in the school	Selection of co-curricular activities	3
Home is an agency for Guidance in a child's life because	It develops the personality of the child and helps him to become resilient	It is at home that they decide which school the child will go to	It is the home where the child understands love and relations	Parents are trained guides	1
Which of the following is not a Primary Source information of disseminating career?	Interview with people	Mailing Questionnaires	Advertisements	Phone interviews	3
Which of the following are secondary sources of information about disseminating careers?	Questionnaires	Interviews	Direct Interviews	Surveys	4
Which is the first stage of Ginsberg's Theory of Vocational Choice?	Fantasy stage	Exploration Stage	Tentative choice stage	Realistic choice stage	1
According to Ginsberg's Theory, during the fantasy stage,	Children primarily engage in playful acts and simulating occupations.	Children start becoming aware of his likes and dislikes	Children start paying attention towards his capacities	Children commit to one chosen direction	1

In which stage of Ginsberg's Theory of Vocational Choice are adolescent children able to better focus on, and recognize, work requirements?	Fantasy stage	Tentative choice stage	Realistic choice stage	Crystallisation Stage	2
In which stage of Ginsberg's Theory of Vocational Choice, the individual will develop personal values and begin to zero in on his optimal career choice.	Fantasy stage	Tentative choice stage	Realistic choice stage	Crystallisation Stage	3
Which of the below factors DOES NOT affect Job satisfaction?	Age of the person	Personality of the person	Gender of the person	Nature of the job	3
There is maximum job satisfaction in an individual if the job has been taken up on the basis of one's _____.	Parental Choice	Interest and abilities	Societal Choice	Gender Perception	2
_____ can be used to disseminate career information to the large masses.	Mass Media	Scrapbook	Reference Cards	Display of material on Bulletin Boards	1
Displaying of vacancies, career choices and opportunities on a board specifically earmarked for that purpose is known as the use of _____ for dissemination of career information.	Photo Albums	Scrap books	Bulletin Boards	Mass Media	3
Ginsberg's theory of Vocational Choice is meant for	Adolescents	Young adults	All the people who make career decisions	Those facing mid-life crisis	3
The factors which causes job satisfaction are	Interrelated	Trans-related	Cross-related	Socially-related	1
Factors controlled by the Management, which in turn leads to job satisfaction are:	Age, number of dependents and personality	Job security, promotions and working conditions	Academic qualifications and status given to the occupation	Intelligence and attitude of the person	2
Which of the below sentences of Counselling is not correct?	Counselling is a process	Counselling implies a relationship of trust	The goal of counselling is to facilitate negative change	Counselling occurs between counsellor and the counsellee	3
Which of the below sentences of Counselling is correct ?	Counselling is giving advice.	Counselling is judgemental.	Counselling is attempting to sort out the problems of the client.	Counselling leads to change in the counsellee	4
Which of the below statements is not characteristic of Counselling?	Involves more than two individuals	Structured around the counsellee's need	Purposeful in nature	Emotional concern of the counsellee is taken care of.	1
The main emphasis in the counselling process is on the	counsellee's self-direction and self acceptance	forceful direction to counsellee	forceful acceptance to counsellee	counsellor's self-direction and self acceptance	1
Counselling mainly concerns	Social issues	Personal issues	Cultural issues	National issues	2
Directive Counselling implies	a more active role for the counselor	a more active role for the counsellee	a more active role for both the counselor and counsellee	Inactive role for the counsellor	1
E.G. Williamson was the chief proponent of	Directive Counselling	Non- directive Counselling	Eclectic Counselling	Directive and Non-directive Counselling	1
The one who seeks help in a counselling is called the	Counsellor	Counsellee	Consultant	Patient	2
The one who provides help in a counselling is called the	Counsellor	Counsellee	Therapist	Consultant	1

Which type of Counselling ensures that the counsellor should not be as passive as trying to keep out client's way nor should be as active as to shift the focus from client to counsellor?	Directive	Non- directive	Eclectic	Directive and Non-directive	2
According to Halm and Mcheall (1955) , Counselling DOES NOT leads to change in which of the factors in a counsellee	Behaviour	Beliefs	Level of emotional distress	Culture	4
is more general and comprehensive than counselling.	Advice	Guidance	Direction	Instruction	2
Which of the following skills is not required for a Counsellor?	Rapport Building	Listening	Questioning	Prompting	4
_____ is the first step in the counselling session.	Rapport Building	Listening	Questioning	Prompting	1
Which are the important aspects of listening as a skill required by a counsellor?	Linguistic	Paralinguistic:	Non-verbal:	Linguistic, paralinguistic and non- verbal	4
State what type of question is this: "How did you feel when that happened?"	Open Ended	Closed Ended	Rhetorical Question	Recap Question	1
State what type of question is this: "Do you exercise?"	Open Ended	Closed Ended	Rhetorical Question	Recap Question	2
REBT by Albert Ellis stands for	Rational Emotive Behaviour Therapy	Readiness Emotional Behaviour Therapy	Random Emotional Behaviour Therapy	Radiant Emotive Behaviour Therapy	1
_____ is a psychological and physical inability to stop consuming a chemical, drug, activity, or substance, even though it is causing psychological and physical harm.	Addiction	Fear	Anxiety	Restlessness	1
Which of the below statements does not help in identification of social media addiction?	Social media is the first thing checked in the morning	Clicking and posting it on social media sites too often	Constantly monitoring the "likes" and "shares" received	Know the limits of social media usage	4
What does FOMO stand for in social media addiction?	Frustration of Memories Out	Fear of Missing Out	Factor of Motive Out	Fright of Memories Out	2
Which type of stress provides the outlet to express our talent and energies and helps us to pursue happiness?	Distress	Eustress	Acute stress	Chronic stress	2
In India, the data regarding substance abuse is collected by the	National Institute of Social Defence (NISD)	United Nation Children's Fund (UNICEF)	World Health Organisation (WHO)	Protection of Children from Sexual Offence (POCSO)	1
Dr. Ellis's ABCDE Model stands for:	A- Activating Event , B – Belief System ,C – Consequences, D – Disputing	A- Action,B – Belief System ,C – Consequences, D – Disputing ,E	A- Activating Event , B – Brain Teaser ,C – Consequences, D – Disputing	A- Activating Event , B – Belief System ,C – Care taking, D – Disputing ,E –	1
Guidance is the process of helping every individual through his own efforts, to discover and develop his potentialities for his personal This definition of guidance given by ?	Crow and Crow	Ruth Strang	Jones	United states office of education	2
Secondary education commission formulated in ?	1964-1966	1966-1968	1968-1970	1970-1972	1
All are the characteristics of guidance except one.	Guidance is a process	Guidance is continuous process	Choice and problems points are its distinctive concerns	Guidance is not a service meant for all.	4
All are the need for guidance except one.	Educational need	Cultural need	Vocational need	Social need	2
W. M. Prestor described how many types of guidance.	Five types	Six types	Seven types	Eight types	2
All are the guidance group prescribed by Paterson except one.	Social guidance	Educational guidance	Vocational guidance	Health guidance	1
Educational guidance is a conscious effort to assist in the intellectual growth of an individual. This definition given by.	A. Jones	Brewer	Ruth strang	Myers	2
Which is not a vocational guidance is a process to...	Help the person to achieve the goal in his vocation	Assist the person in all the vocation	Help in entering and making progress in that vocation	Help a person to adopt a vocation	2
Personal counselling deals with.	Emotional distress and behavioral difficulties.	It is not arise when individuals struggle to deal with development	It is not a aspect of development can be turned into an adjustment	It is inevitable that single individual encounters at some time	1
'It is the assistance given to an individual to solve his personal problems, such as emotional and social adjustment, economic and social physical as well as mental health'. This definition given by?	Hopkins	Ruth Strang	Wilson.	G.E. Myers.	2
All are the role of teacher in guidance except one.	They should implement in right earnest the decision made as a result of	They should provide situations for the maximum development of the pupil	They should try to detect the emergency maladjustment of pupil	The teacher are secondary concerned with the problem and need of	4
Find out, which is not a responsibility of Counsellor.	Diagnostic	Therapeutic	Evaluation and research	Submission to competent authorities	4

Strategy or planning designed for a singular person or thing and their unique situation. This is in contrast to general guidance which	Age	Sex	Income	Meant for general population	2
Professional advice, given to a person based on their unique circumstances, this could include all except one	Legal services	Career counseling	Physical planning	Financial planning	3
All are the social guidance may be, except one	Assistance offered to the individual	Social ethical problem	Moral and environmental problems	Health problem.	3
Which is not a limitation of group guidance	A flexible type of administration is often a major cause of trouble.	No periods were free.	Lack of cooperation	Teacher may feel this as an additional burden.	1
Below definition of aptitude given by.. 'Aptitude is a present condition which is a indicative of an individual's potentialities for the future'.	Bingham	Jones	Traxler	Crow and Crow	3
Concept of aptitude rests upon following assumptions according to Bingham except one.	Individual's potentialities are not equally strong	Individuals differ from one another in their potentialities	Many of these differences were evaluated equally	Many of these differences are stable.	3
All are the uses of aptitude test except one.	Employers can use it for making selection of his employees	Same aptitude tests can be used in admitting candidates	They may identify potential abilities of an individual	They may encourage the development of special or	2
Supper classifieds interest in following way except one.	Expressed	Manifest or observed	Elevation of tests	Measure of tested	3
Following are the uses of interest inventory except one.	By using interest inventory revolve around helping people to make educational	Help to match interest with occupational, educational and leisure	It help to assist teachers in dealing with single student problem	It help in choosing correct employee for a job	3
Which is not a use in guidance.	Help in the individual guidance	It give superficial information about an individual	Can be use in diagnosis the problem	The information can be used to suggest remedies.	2
All are the advantages of group guidance except one.	Inspires learning and understanding.	Saves time and extra efforts needed.	Improvement of student's attitude and behaviour	D. Development of wholesome and helpful awareness	2
Guidance refers to ____.	An advice provided by superior to resolve problem	A professional advice provided by Counselor in overcoming from personal	Both A & B	None of the above.	1
Guidance is a process of _____.	to give advice to the child	teaching English to the Child	Both A & B	None of the Above.	1
In Probing or Questioning from the Counselor enables what?	to help students to move forward in helping process	investigate other parts of his or her story	Counselor can be with students physically or psychologically	None of the Above..	1
The main aim of educational guidance is _____.	Pupil Development	To Solve the Problems	Improvement of Curriculum	None of the Above.	1
A school Counselor works in	Primary and Middle School	High School	In Colleges	In Universities	1
Main objective of educational guidance is to bring what change in the pupil _____.	Psychological Development of the child	responsibility of self direction	Both A & B	None of the Above.	2
Name the person who is credited with Guidance Movement ?	Einstein	George Washington	Frank Parsons	Newton	3
Which is not the source of collection of career guidance.	The employment organization	Prospective of educational institution	Publications of employment organizations	School environment	4
All are the dissemination of career information except one.	General group guidance	Teaching of occupation	Career day/week activities	Career year activities.	4
Ginsberg's theory of vocational choice develop in....	1951	1952	1953	1954	1
Factors affecting vocational choice except one..	Physical factors	Intelligence factors	Chemical factors	Aptitude factor	3
Job satisfaction results from successful adjustments in _____.	Adjustment of society.	Behavioral control	Smart work	Maximum productivity.	1
Which of the following will not be acceptable as a rationale of group guidance ?	Acquainting the client group about their assumptions and beliefs	Developing interpersonal relations	Promoting a democratic climate during guidance	Encouraging mental understanding and co-operation	2
Counseling refers to ____.	A Professional advice by Counselor	An Advice by Elder	Both A & B	All of the above..	1
All are the factors affecting job satisfaction except.	Personal factors	Economic factors	Factors inherent in the job	Factors controlled by the management.	2
Counseling is an interactive process conjoining the counselee who need assistance, this definition of counseling given by...	Perez	Webster dictionary	Pepinsky	Patterson	3
All are the characteristics of counseling except one.	Counseling is not democratic.	Democratic relationship	Problem oriented process	Involves two individual	1
All are the types of Counselling except one.	Directive	Non directive	Eclectic	Non Eclectic	4
All are the procedure of Eclectic Counselling except one.	Selection of technique	Application of technique	Study the need and personality of the client	Adjustment with the client	4
Who is the directive of chief exponent of directive Counselling.	E. G. Williamson	Carl Rogers	F. C. Throne	C. G. Williamson	1

Process of Counselling is an identifiable sequence of events.....	Takes place in month	Takes place over time	Takes place in week	Takes place in day	2
Understanding another's experience as if it were your own without dependable in the relationship means _	Empathy	Congruence	Genuineness	Unconditional positive regard.	1
In the second stage of Counselling_____.	The client should understand his or her life.	The client formulating retro sense	The client avoids the goals	The client make procedure	1
Which of the following is not the type of counseling?	Marriage and Family Counseling	Mental Health Counseling	Substance Abuse Counseling	Above All are types of Counselling	4
What does a school Counselor do?	helping students in their academic goals	helping students in social and personal development	helping students in their career development	All of the Above	4
In third and final stage of Counselling the client_____.	Resolve how to accomplish any goal.	Set the goal.	Involve in the process.	Invite other client.	1
Counselling leads to change in the counselee in following areas except one.	Behavior	Beliefs	Attitude	Relatedness	4
“Guidance seeks to help each individual become familiar with a wide range of information about himself, his abilities, this previous development in the various areas of living and his plans or ambitions for the future.” This definition of guidance is given by _____.	Chisholm	A. J. Jones	Dunsmoor & Miller	Ruth Strang	1
The objective of _____ is to assist students in getting information about further education.	Vocational Guidance	Personal Guidance	Educational Guidance	Social Guidance	3
For the maximum utilization of human potentialities, _____ guidance is needed.	Educational	Vocational	Social	Personal	2
For self-expression and understanding worthy use of leisure time and character building activities_____ guidance is required.	Educational	Personal	Social	Vocational	2
_____function of guidance not only helps one to get rid of problems but helps to check it.	Development	Orientation	Adjustment	Education	1
In guidance, _____of the individual is supreme.	Attitude	Dignity	Personality	Aptitude	2
Bringing happiness, peace and satisfaction in the life of an individual, _____ guidance is needed.	Personal	Social	Educational	Vocational	1
What is not guidance?	An advice provided by superior to resolve problem	Making decision for others	Helping an individual to make his own selection	Adjusting in different environments according to his own abilities &	2
The main objectives of personal guidance are to help the individual.	In his/her physical, emotional, social, rural and spiritual development.	In monitoring the academic progress of the students.	In assisting students in getting information about further education.	In discovering his/her own abilities and skills	1
Educational guidance is the assistance given to the individual.	To have a clear cut idea of the different educational opportunities and their	To help the individual to develop an attitude towards work that will dignify	To assist the individual to think critically about various types of occupations and to	To know the world of work	1
The need for Vocational Guidance is...	to assist the individual to think critically about various types of occupations	to deals with health and physical activities.	to monitor the academic progress of the students.	to acquaint the students with the prescribed curriculum	1
Guidance help in	making decision for others	individual making his own selection	other takes decision	pampering the student	2
Which is <b>Not</b> the principle of guidance.	The dignity of the individual is supreme	Each individual is different from every other individual.	Problem is important	Attitude and personal perceptions of the individuals are the bases on when faced a problem	3
A person needs guidance....	only in educational aspect	only in personal aspect	throughout his life		3
It is <b>Not</b> an objective of educational guidance	To monitor the academic progress of the students.	To acquaint the students with the prescribed curriculum.	To think critically about various types of occupations	To diagnose the learning difficulties of students and help them to overcome	3
guidance is tailored to an individual.	Individual	Group	Adjustmental	Functional	1
Group guidance is used to address the _____needs of a functional group consisting of a number of students to implement programme that would benefit them at all time.	functional	developmental	adjustmental	personal	2
_____test gives an idea about liking of students for activities, subjects etc. which is helpful to the teacher in making decision.	Attitude	Interest	Personality	Aptitude	2
_____techniques is used to collect personal data more easily and in a much shorter time.	Case Study	Interview	Observation	Checklist	2
A test conducted by a classroom teacher for the purpose of identifying the strengths and weaknesses of students in a specified content area is technically called	Attitude Test	Aptitude Test	Personality Test	Sociometric Test	2
Individual guidance is not to...	refer to any advice	advice, strategy or planning designed for a singular person or thing and their unique	tailored to an individual.	solving a problem	4
Aptitude test is used to measure.	the potential and ability of the student to perform in a specific area	willingness of the student	hard work of students	interest of the student	1
The device used to study an individual or an institution in totality.	Interview	Diary	Case Study	Check List	3

It is the non-testing device.	Aptitude Test	Personality Test	Interview Schedule	Interest Inventory	3
Which of the following guidance strategies will be helpful in creating an atmosphere where people could get an opportunity to express and analyze themselves?	Group Guidance	Personal Guidance	Vocational Guidance	Individual Guidance	1
Career information is information about the _____.	World of Work	Work of World	World of Want	Want of World	1
According to Eli Ginzberg, the age above _____ is known as the age of realistic choice.	7	11	17	13	3
is an internal factor affecting vocational choice.	Priorities & Goals	Economic Condition	Social Condition	Family & Friends	1
Job Satisfaction does not mean _____	Liking the job.	Going to one's job with the head erect and with smile	Enjoying the job.	High performance	4
_____ is not the strategy of disseminating career information	Career Conferences & career talks	Mass Media	Libraries	Seminar	4
It is not the primary source of career information.	original source	direct source	information collected from the employee	information collected or published by the original sources	4
Internal factors influencing Vocational Choice are...	Family & Friends	Economic conditions	Social conditions	Priorities & Goals	4
External factors influencing Vocational Choice are	Priorities & Goals	Beliefs & Values	Competencies and skills	Family & Friends	4
A personal factor that affects job satisfaction is...	Job Content	Respect from co-workers	Role Perfection	Overload and stress level	3
According to Ginzberg, in the 'Tentative Choices stage' age ranges from...	3 Years – 7 Years	7 Years – 11 Years	11 Years – 17 Years	17 Years and above.	3
. "Counselling is an interaction process which facilitates meaningful understanding of self and environment and results in the establishment and or clarification of goals and values for future behaviors." This definition of counselling is given by _____.	Merle M. Ohlsen	Shertzer and Stone	Webster's Dictionary	Arbuckle	2
It is initiated and maintained as a means of facilitating changes in the _____	Interest	Behaviour	Attitude	Thought	2
The chief exponent of Directive Counselling is	B. G. Wnilliamson	Carl Rogers	Bordin Thorne	Albert Ellis	1
Counsellor only directs and guides in _____ type of counselling.	Directive	Non – directive	Eclectic	Person - Centered	2
Both counsellor and counselee are active and cooperative in type of counselling.	Directive	Non – directive	Eclectic	Person - Centered	3
The counsellor promotes trust in the client, in _____ stage of process of counselling.	In-depth Exploration	Initial Disclosure	Eclectic	Commitment to action	2
The counsellor begins to confront the client, in _____ stage of the process of counselling.	In-depth Exploration	Initial Disclosure	Eclectic	Commitment to action	1
What is not included in constitutes activity of counselling?	Informing	Advising	Forming	Counselling	3
In this type of counselling, counselor directs thinking by informing, explaining, interpreting and advising.	Directive	Non – directive	Eclectic	Person - Centered	1
The chief exponent of Non-Directive Counselling is	B. G. Williamson	Carl Rogers	Bordin Thorne	Albert Ellis	2
In this type of counselling, the client achieves emotional release and gains insights, modifies perceptions/attitudes about himself and situations	Directive	Non – directive	Eclectic	Person - Centered	3
In this process of counselling stage, the counsellor arrives at some tentative hypothesis regarding the complexity of the problem.	In-depth Exploration	Initial Disclosure	Eclectic	Commitment to action	2
In the 'In-depth exploration stage'	Client become more self aware	Client tries some new behavior	Counsellor begins to confront the client	Goals are set	3
In this stage of process of counselling, the client becomes more self aware	In-depth Exploration	Initial Disclosure	Eclectic	Commitment to action	4
"Guidance is a process of helping young persons learn to adjust to self, to others and to circumstances." This definition is given by	Crow and Crow	Skinner	Jones	Rogers	2
It is the assistance given to the pupils in their choices and adjustments with relation to schools, curriculum courses and school life.	Vocational guidance	Educational guidance	Personal guidance	Religious guidance	2
It is the process of assisting the individual to choose an occupation, prepare for it, enter upon and progress in it.	Personal guidance	Educational guidance	Vocational Guidance	Religious guidance	3

Which one from the following list is considered as a central service in guidance program.	Placement service	Self-inventory service	Counselling service	Information service	3
It is that type of guidance where information regarding choosing the occupation is provided.	Educational guidance	Vocational Guidance	Personal Guidance	Relationship Guidance	2
One of the functions of Guidance is _____.	Guidance is a continuous process.	Guidance has wide scope.	Helping an individual in self-adjustment as well as environmental adjustment	That it is indicative in nature.	3
This type of guidance emphasises the development of the individuals to the maximum extent to be successful in their chosen occupations to be satisfied and be useful to the society.	Personal guidance	Vocational guidance	Educational guidance	Social guidance	3
It includes social, emotional and leisure time guidance.	Educational guidance	Vocational guidance	Personal guidance	Career guidance	3
It is the original social institution from which all other institutions have developed.	School	Home	Religion	Government	2
Which type of guidance is required to help the students to achieve in adjusting himself to the school environment, the peer group and the school curriculum.	Personal Guidance	Educational guidance	Career guidance	Vocational guidance	2
Guidance is a process from 'cradle to the grave', hence it is called as _____.	a voluntary process	a continuous process	a generalised service	a specialized service	2
It is a process of dynamic interpersonal relationship designed to influence the attitude and subsequent behaviour of a person.	Counselling	Guidance	Educational Guidance	Career Guidance	2
Which test measures the potential ability of an individual and is designated to identify his specific strengths in different areas?	Achievement Test	Aptitude Test	Personality Test	Interest	2
It is the dynamic organisation within the individual of those psycho-physical systems that determine his unique adjustment to his environment.	Interest	Aptitude	Personality	Preferences	3
This test provides the teachers and counsellors with information about the students' preferences and aversion.	Interest Test	Personality test	Aptitude Test	Achievement Test	1
This guidance helps in identifying common problems of people, analyse them and find relevant solutions	Individual Guidance	Group Guidance	Personal Guidance	Vocational Guidance	2
It is a method where real life situations are simulated by participants and it is one of the techniques used in Group guidance.	Group discussion	Case study	Problem solving	Role Play	4
When a specific information is required regarding employee's education, work experience, special abilities etc. which type of Interview is used?	Structured Interview	Unstructured Interview	Semi-structured Interview	Educational Interview	1
In this type of Interview, the interviewer is free to develop conversation as per his suitability and flexibility.	Structured Interview	Unstructured Interview	Semi-structured Interview	Job Interview	2
A detailed study of a person, group, situations etc. over a period of a time is called as?	Personality Test	Check list	Case Study	Interest Study	3
This stage of counselling process includes identifying possible alternative courses of actions (decisions) the client might choose.	Commitment to action	In-depth exploration	Initial disclosure	Preparation	1
In this stage of Counselling process, the client and the counsellor come to a mutually acceptable diagnosis of the problem.	Commitment to action	In-depth exploration	Initial disclosure	Preparation	2
Concreteness means _____.	Using clear language to describe the client's life situation.	Using clear advice to describe the client's life situation.	Using clear opinion to describe the client's life situation	Using clear voice to describe the client's life situation	1
Carl Rogers is responsible for	client-centered therapy.	psychoanalysis.	directive therapy.	existential therapy	1
Counselling is a profession that aims to:	Promote personal growth and productivity.	Provide a successful diagnosis in psychopathology.	Ensure that clients are on the correct medication.	Solely address behaviour.	1
Empathy involves:	Feeling sorry for someone.	Putting others before yourself.	Putting yourself in someone else's shoes.	Putting yourself before others.	3
Which is the first stage of Counselling Process?	In-depth exploration	Initial disclosure	Commitment to action	Conduct counselling	2
The correct sequence of Directive Counselling is _____.	Analysis, Synthesis, Diagnosis, Prognosis, Counselling, Follow-up	Analysis, Diagnosis, Follow-up, Counselling, Synthesis, Prognosis	Synthesis, Analysis, Prognosis, Counselling, Diagnosis, Follow-up	Follow-up, Prognosis, Synthesis, Diagnosis, Counselling, Analysis	1
The chief exponent of Non-directive counselling is _____.	B.G. Williamson	Carl Rogers	Bordin	Binnet	2
In this counselling the counsellor and the counslee both are active and cooperative and solves the problem jointly.	Directive Counselling	Non-directive counselling	Eclectic counselling	Prescriptive counselling	3
For organising Eclectic counselling, which of the following is most important?	selection of techniques	preparation of counselling	study of needs and personality characteristics	seeking the opinion of the client	3

Non-directive counselling is mainly meant for	diagnosis of relevant factors	emotional release	analysis of client data	placement service	2
If the counsellor service is to gain understanding of oneself, then follow up is to ____.	understand the world of work.	keep in constant touch with former student.	Help the student in achieving particular placement he desires.	indicate what programme may be improved.	3
In which type of counselling the counsellee or the client is the pivot of the counselling process.	Directive	Non-directive	Eclectic	Personal	2
What is the ultimate aim of Counselling for the individuals to attain?	Self direction	Self-discovery	Self-knowledge	Self-understanding	4
Literature published by various government and private agencies and professional organisations is one of the following sources of career information.	Direct Sources	Indirect Sources	Main sources	Popular sources	2
It is defined as a pleasurable emotional state resulting from the appraisal of one's job.	Career	Job Satisfaction	Job Analysis	Vocational choice	2
It involves the study of jobs at work and note the various tasks. It helps in guiding the people according to their abilities, interest, personality etc.	Job satisfaction	Job analysis	Employer	In-service Alumni	2
During the first stage of Ginsberg's Theory children primarily engage in playful acts and simulate occupations such as teacher, nurse, police officer etc.	Tentative Choice stage	Fantasy stage	Realistic Choice	Exploration	2
It is one of the techniques of Group Guidance which can be used to solve individual as well as common problems.	Role Play	Problem Solving	Group Discussion	Case Study	2
It is a person's positive attitude towards the job.	Job Information	Job Satisfaction	Career Information	Vocational Choice	2
It is a group meeting or series of group meetings in which information regarding various aspects of different occupations is disseminated to the students.	Career Conference	Career Literature	Career Books	Career Talk	1
The first period of Realistic Stage where the individual chooses his/her career path but remains open to other opportunities.	Specifications	Crystallization	Exploration	Transition	3
What are the three stages in Ginsberg's Theory of Vocational choice?	Exploration, Crystallization, Specification	Fantasy, Tentative Choice, Realistic Choice	Fantasy, Exploration, Specification	Realistic, Exploration, Crystallization	2
In this type of guidance students or individuals may feel hesitant to come out with their personal problems in the group.	Individual Guidance	Career Guidance	Group Guidance	Personal Guidance	3
It is often presented as a list with small checkboxes down the left or right hand side on the page and a checkmark is drawn in the box after the item has been completed.	Questionnaire	Checklist	Interview	Case Study	2
Any group enterprise or activity in which the primary purpose is to assist each individual in the group to solve his problems and to make his adjustment.	Individual Guidance	Group Guidance	Personal Guidance	Vocational Guidance	2
It is a comprehensive list of important actions or steps to be taken in a specific order and can be in the forms of questions or actions to be carried out. It can have a scoring system or can collect comments.	Interview	Checklist	Case study	Questionnaire	2
'It is present condition which is indicative of an individual's potentialities	Aptitude	Attitude	Interest	Intelligence	1
Case Study is an in-depth investigation of	An Individual	A group	An event	An individual, a group, a community or an event	4
From the following pick out the option that is not a characteristic of Guidance:	It is a process	It is indicative in nature	It is a 'one-size fits all' concept	It helps an individual in discovering himself	3
_____ is a type of guidance.	Developmental	Reflective	Educational	Corporate	3
Vocational guidance answers the following question	How should I behave with my friends?	What job am I best suited for?	How can I develop effective study habits?	Do I suffer from any learning difficulties? /	2
Educational guidance helps us determine	What a student is not good at	What type of education will reveal his inborn capabilities?	Helps a student to know about his/her weaknesses	Helps in extracurricular activities	2
Which is the most important type of guidance and is required for all students	Personal Guidance	Vocational Guidance	Educational Guidance	Spiritual Guidance	3
The purpose of education can be summed up as	Practical education for all	Education for unemployment	Education for physical development	Solving subject related difficulties	1
After Class X, students have the following options.	They cannot drop out of studies	They can enter the world of employment	They cannot take up vocational courses.	They can directly take an undergraduate course	2
At Secondary Stage Vocational Guidance help students to:	Be familiar with the implication of one subject	Be familiar with various occupations and their requirements	Be familiar with foreign organizations which pay highest salaries	Be familiar with the GDP of the country	2
Personal guidance is helpful in	Educational development	All Round development	Vocational development	Spiritual development	2
Whole time guidance worker in a school is a	School worker	School teacher	School counsellor	Headmaster	3
Which is not included in the process of vocational guidance?	To achieve the goal in his vocation	To assist the person in selecting the vocation	To assist in entering in and making progress in that vocation	To assist in solving health problems	4

Which one is not a strategy for group guidance?/	Talks	Demonstrations and role-plays	Orientation classes	Proxemics	4
Which type of Guidance is Essential for Developing individual competence to solve the interpersonal tensions and conflicts?	Educational guidance	Personal guidance	Vocational guidance	Group guidance	2
“Guidance in group situations usually is thought of as referring to those guidance services that are made available by school personnel to large or small groups of pupils.” This is stated by whom ?	Crow and Crow	Jones	Ruth Strang	Traxler	1
Which of the following is not a feature of Group guidance?	It tells us about the person’s educational learning and communication techniques./	It helps individual to explore the known problems of the members of the group with typical progress.	It is used to release, painful feelings , frustration and anxiety of the individual member of the group.	It helps individual to be aware of their personal needs .	1
Which technique of group guidance provides career information to the students?	Career Corner	Career talk	Career Conference	Case Conference	2
The ‘Caliper Profile’ is a type of	Personality tests	Aptitude tests	Achievement tests	Interest tests	1
Which type of interview serves the purpose to find the right candidate for particular job?	Admission interview	Employment interview	Informative interview	Research interview	2
The counsellors conduct an aptitude test in order to	To reveal a person’s special ability	To measures language usage of person	To encourage a person to learn	To analyse the overall personality of a person.	1
In-depth,intensive and detailed study of an individual is known as	Interview	Case study	Check list	Self-report	2
Non-directive interviews are	Structured	Standardized	Unstructured	Pre- arranged	3
Career Information is about the	world of education.	world of work	world of money	world of culture	3
Which type of guidance is required for occupational information	Community Guidance.	Culture Guidance.	Career Guidance	Place Guidance.	3
Which of the following does not come under Career Information?	Job Content	Salaries	Working Condition	Free education	4
Which one of the following is not the source of Career Information?	policy	booklets	news	guide books	1
Eli Ginzberg was a professor of_____	Psychology	Economics	Sociology	Accountancy	2
Eli Ginzberg was a professor at _____ University.	Harvard	Oxford	Colombia	Toronto	3
According to Ginzberg which process starts from a child’s birth and goes on lifelong?	Vocational Development	Career Development	Personality Development	Motor Development	1
The period of _____of vocational development is from age 7 to 11.	Realistic choice	Tentative choice	Fantasy choice	Unrealistic choice	3
Which of the following is not a substage of Tentative stage-	Capacity stage	Specification stage	Interest stage	Value stage	2
Which of the following is a substage of Realistic choice	Crystallisation stage	Value stage	Interest stage	Capacity stage	1
Which of the following is the last stage in Realistic Choice Stage	Specification stage	Fantasy stage	Crystallisation stage	Value stage	1
_ towards job is equivalent to job satisfaction.	Negative attitude	Positive attitude	Ignoring work	Take extra burden	2
Who gave the following definition?“ Job Satisfaction is a pleasurable emotional state resulting from the appraisal of one’s job	Cranny, Smith & Stone	Weiss	Brief	Locke	4
How can one improve the performance of their employees?	Bad employee-employer relationship	Insufficient education	Not allowing them to participate in decision making process	Improving the working condition	4
has little relationship with job satisfaction.	Education level	Age	Position	Working hours	2
According to Hall and Kolastad, the highest morale is reached after _____	40	30	50	20	4
According to _____counseling is defined as, consultation, mutual interchange of opinions, deliberating together	Webster dictionary	Karl Rodgers	Perez	Patterson	1
is a part of the guidance process.	Discussing	Counseling	Writing	Working	2
Which type of counseling is also known as ‘Counselor-Centered’ counseling?	Non-directive	Directive	Eclectic	Long Term	2

Who was the chief exponent of Eclectic counseling?	F.C. Thorne	E.G.Williamson	Karl Rodgers	Patterson	1
In which type of counseling the counselor is passive?	Non-Directive	Directive	Eclectic	Long Term	1
To solve the problem of counselee there are _____stages of counseling process..	Two	Four	Five	Three	4
In this type of counseling the problem-solving techniques are more flexible.	Non-Directive	Directive	Electic	Long term	3
In counseling process there is an implication of _____ stages	Selective	Progressive	Regressive	Primitive	2
The counselor must set conditions that promote _____ in the client.	Attitude	Trust	Concern	Imposement	2
Counseling helps individuals to gain self _____.	Esteem	Concern	Understanding	Attitude	3
In this type of counseling practical value is very high.	Electic	Non-Directive	Directive	Placement	1
Counselling is a _____ way process	three	four	two	one	3