

1. A characteristic considered to be unproductive and ineffective for helping clients is to:
  - a. share persistent reactions to the client in an appropriate and timely manner.
  - b. question life and engage in critical self-examination of one's beliefs and values.
  - c. be willing to draw on a number of resources to enable clients to move toward their goals.
  - d. realize that it takes hard work to bring about change and be willing to stick with clients as they go through this difficult process.

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Portrait of the "Ideal Helper"

*LEARNING OBJECTIVES:* BECO.CORE.16.01.02 - To identify the characteristics of an effective helper

2. Jim is seeking a career in the helping professions with the hope that he will exert a significant influence on the lives of those seeking help. His motivation to help others is based on the need
  - a. for prestige and status.
  - b. to care for others.
  - c. to make an impact.
  - d. to provide answers.

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Examining Your Motives for Becoming a Helper

*LEARNING OBJECTIVES:* BECO.CORE.16.01.01 - To challenge students to examine their motivations for wanting to become a helper

3. Helen is seeking a specialization in the helping field that attends not only to the inner workings of a person but also to the understanding of the person in the environment. Helen should seek a degree in
  - a. psychiatric nursing.
  - b. clinical psychology.
  - c. social work.
  - d. counseling psychology.

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Overview of Some of the Helping Professions

*LEARNING OBJECTIVES:* BECO.CORE.16.01.03 - To introduce the various mental-health professions, including the professional associations

4. Students often come to Brian asking advice about their relationships. He feels uneasy when he is not able to give concrete advice concerning their problem. His motivation to help others is based on the need to
  - a. return a favor.
  - b. care for others.
  - c. be needed.
  - d. provide answers.

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Examining Your Motives for Becoming a Helper

*LEARNING OBJECTIVES:* BECO.CORE.16.01.01 - To challenge students to examine their motivations for wanting to become a helper

5. The desire to emulate a role model sometimes plays a part in the decision to be a helper. The Coreys refer to this as the need to
- reciprocate.
  - make an impact.
  - be needed.
  - provide answers.

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Examining Your Motives for Becoming a Helper

*LEARNING OBJECTIVES:* BECO.CORE.16.01.01 - To challenge students to examine their motivations for wanting to become a helper

6. Which of the following is **NOT** conducive to effective helping?
- You realize you are able to inspire clients to do in their lives what you are unable or unwilling to do in your own life.
  - You question life and engage in critical self-examination of your beliefs.
  - You are willing to draw on a number of resources to enable clients to move toward their goals.
  - Even though you struggle with your own problems, this struggle does not intrude on your helping of others.

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Portrait of the “Ideal Helper”

*LEARNING OBJECTIVES:* BECO.CORE.16.01.02 - To identify the characteristics of an effective helper

7. The Coreys encourage trainees to view their professional life as a
- developmental process.
  - cathartic experience.
  - time-limited professional journey.
  - means to fulfill all of their needs.

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Selecting a Professional Program and Career Path

*LEARNING OBJECTIVES:* BECO.CORE.16.01.04 - To develop a list of criteria for selecting a professional program

8. The MSW (Master in Social Work) degree
- is focused on assessment, diagnosis, and treatment procedures for mildly to severely disturbed persons.
  - trains individuals to assist relatively healthy people in solving developmental problems and functioning more effectively.
  - gives tremendous career flexibility because of the range of practice, including administration, planning, and policy areas.
  - provides maximum options in regard to specialties.

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Overview of Some of the Helping Professions

*LEARNING OBJECTIVES:* BECO.CORE.16.01.03 - To introduce the various mental-health professions, including the professional associations

9. Wendy hopes to become a school counselor. The professional organization she will join is ASCA, which stands for

- a. Association for Supervisors and Counselors in America.
- b. American Supervisors and Counselors Association.
- c. American School Counselors Association.
- d. Association for School Counselors in America.

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Overview of Some of the Helping Professions

*LEARNING OBJECTIVES:* BECO.CORE.16.01.03 - To introduce the various mental-health professions, including the professional associations

10. The temptation to give up a career in the helping field is often greatest when students
- a. are faced with examining their values concerning helping others.
  - b. realize that they still have unresolved issues.
  - c. begin to examine their motivations for helping others.
  - d. first have to apply what they have learned in their courses to the real world.

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Is A Helping Career For You?

*LEARNING OBJECTIVES:* BECO.CORE.16.01.01 - To challenge students to examine their motivations for wanting to become a helper

11. Which of the following is **NOT** listed as one of the typical needs of helpers?
- a. The need to care for others
  - b. The need to be needed
  - c. The need to reciprocate
  - d. The need to eliminate stress from one's life

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Examining Your Motives for Becoming a Helper

*LEARNING OBJECTIVES:* BECO.CORE.16.01.01 - To challenge students to examine their motivations for wanting to become a helper

12. From a multicultural perspective, school counselors have the challenge of all of the following **EXCEPT**:
- a. striving to lessen language barriers.
  - b. advocating for themselves.
  - c. ensuring that educational materials are relevant for students' culture.
  - d. establishing a comprehensive developmental counseling and guidance program.

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Overview of Some of the Helping Professions

*LEARNING OBJECTIVES:* BECO.CORE.16.01.03 - To introduce the various mental-health professions, including the professional associations

13. Which of the following specializations is primarily concerned with relationship counseling?
- a. Clinical psychology
  - b. Counseling psychology
  - c. Couples and family counseling

d. Rehabilitation counseling

ANSWER: c

POINTS: 1

REFERENCES: Overview of Some of the Helping Professions

LEARNING OBJECTIVES: BECO.CORE.16.01.03 - To introduce the various mental-health professions, including the professional associations

14. At the undergraduate level, human-services programs would be most likely to train practitioners for
- independent private practice.
  - working with couples and families.
  - community-agency work.
  - long-term psychotherapy.

ANSWER: c

POINTS: 1

REFERENCES: Selecting a Professional Program and Career Path

LEARNING OBJECTIVES: BECO.CORE.16.01.04 - To develop a list of criteria for selecting a professional program

15. Professionals who have experienced a wounded spirit need to
- be medicated, as a rule.
  - be open to questioning their own spiritual health so they can assist their clients with their existential concerns.
  - change professions if they begin to experience countertransference.
  - receive psychological first aid.

ANSWER: b

POINTS: 1

REFERENCES: Examining Your Motives for Becoming a Helper

LEARNING OBJECTIVES: BECO.CORE.16.01.01 - To challenge students to examine their motivations for wanting to become a helper

16. \_\_\_\_\_ is a holistic and integrated program of medical, physical, psychosocial, and vocational interventions.
- Rehabilitation counseling
  - School counseling
  - Licensed professional counseling
  - Clinical and counseling psychology

ANSWER: a

POINTS: 1

REFERENCES: Overview of Some of the Helping Professions

LEARNING OBJECTIVES: BECO.CORE.16.01.03 - To introduce the various mental-health professions, including the professional associations

17. Which of the following is **NOT** frequently identified as a specialty area or concentration offered in rehabilitation counselor training programs?
- Substance abuse counseling
  - Clinical mental health counseling
  - Couples counseling
  - Deafness and hearing impairment

ANSWER: c

POINTS: 1

*REFERENCES:* Overview of Some of the Helping Professions

*LEARNING OBJECTIVES:* BECO.CORE.16.01.03 - To introduce the various mental-health professions, including the professional associations

18. Which of the following statements would leaders in the field of counseling be inclined to make to those entering the field?

- a. Seek help when you need it, both personally and professionally.
- b. Focus on your limitations.
- c. Do not strive to integrate your personal and professional journeys.
- d. Focus on short-term goals, but not on long-term goals since they will likely change.

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Suggestions for Creating Your Professional Journey

*LEARNING OBJECTIVES:* BECO.CORE.16.01.05 - To develop an approach for selecting a career path

19. Which professional organization is composed of members from diverse educational and professional backgrounds with the mission of fostering excellence in human service delivery through education, scholarship, and practice?

- a. APA
- b. ACA
- c. NASW
- d. NOHS

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Overview of Some of the Helping Professions

*LEARNING OBJECTIVES:* BECO.CORE.16.01.03 - To introduce the various mental-health professions, including the professional associations

20. Many training programs offer some \_\_\_\_\_ in which students can become more aware of how their personal attributes manifest themselves in relationships.

- a. vocational assistance
- b. self-exploration experiences
- c. failure and frustration
- d. self-absorbed training

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Portrait of the "Ideal Helper"

*LEARNING OBJECTIVES:* BECO.CORE.16.01.02 - To identify the characteristics of an effective helper

21. There are many considerations to take into account when selecting your educational program and your career in the helping professions. Which of the following is **NOT** a topic in the book?

- a. The joys and rewards of being a helping professional.
- b. Creating realistic expectations and testing them.
- c. Deciding which educational and professional route to pursue.
- d. Determining which educational program costs the least amount.

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Selecting a Professional Program and Career Path

*LEARNING OBJECTIVES:* BECO.CORE.16.01.04 - To develop a list of criteria for selecting a professional program

22. The key during your educational program is
- to be personally involved in your educational program and to see a connection between your formal studies and your personal and professional goals.
  - to force yourself to enjoy the program even when you are not.
  - to find someone in your program that will help you and possibly do your work for you if you do not understand.
  - to drop out when you encounter external and internal barriers.

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Investing in Your Educational Program

*LEARNING OBJECTIVES:* BECO.CORE.16.01.04 - To develop a list of criteria for selecting a professional program

23. Your \_\_\_\_\_ pertain to what you hope to accomplish in an occupation.
- work salaries
  - work needs
  - work values
  - work priorities

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Values to Consider in Choosing Your Career Path

*LEARNING OBJECTIVES:* BECO.CORE.16.01.05 - To develop an approach for selecting a career path

24. \_\_\_\_\_ is an ongoing process for all helping professionals to clarify beliefs and values.
- Self-disclosure
  - Self-direction
  - Self-discipline
  - Self-assessment

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping

*LEARNING OBJECTIVES:* BECO.CORE.16.01.06 - To assess attitudes and beliefs about helping

25. In regards to the "Inventory of Your Attitudes and Beliefs About Helping," which of the following subjects is **NOT** included in the assessment?
- Visual pleasures
  - Personal traits
  - Key attribute
  - Ethical decision making

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping

*LEARNING OBJECTIVES:* BECO.CORE.16.01.06 - To assess attitudes and beliefs about helping

26. List 2-3 typical needs and motivations for pursuing careers in the helping professions and briefly explain each one.

*ANSWER:* Answers will vary.

*POINTS:* 1

*REFERENCES:* Examining Your Motives for Becoming a Helper

*LEARNING OBJECTIVES:* BECO.CORE.16.01.01 - To challenge students to examine their motivations for wanting to become a helper

27. Identify 2-3 characteristics of an effective helper and briefly explain its importance.

*ANSWER:* Answers will vary.

*POINTS:* 1

*REFERENCES:* Portrait of the “Ideal Helper”

*LEARNING OBJECTIVES:* BECO.CORE.16.01.02 - To identify the characteristics of an effective helper

28. Identify 1-2 attitudes and beliefs about helping that you were previously aware of. Also, identify 2-3 you were not aware of previously and describe your reaction.

*ANSWER:* Answers will vary.

*POINTS:* 1

*REFERENCES:* Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping

*LEARNING OBJECTIVES:* BECO.CORE.16.01.06 - To assess attitudes and beliefs about helping

29. When creating a professional path in the helping professions, many people experienced common themes. Describe and discuss 2-3 of these themes that have had a profound effect on you.

*ANSWER:* Answers will vary.

*POINTS:* 1

*REFERENCES:* Suggestions for Creating Your Professional Journey

*LEARNING OBJECTIVES:* BECO.CORE.16.01.05 - To develop an approach for selecting a career path

30. At times in your training, you may feel discouraged and it may be difficult to focus on what is really important. Demonstrate how you would utilize what you learned to regain your momentum.

*ANSWER:* Answers will vary.

*POINTS:* 1

*REFERENCES:* Suggestions for Creating Your Professional Journey

*LEARNING OBJECTIVES:* BECO.CORE.16.01.05 - To develop an approach for selecting a career path