

- C. Tell the friends that due to societal norms people often are embarrassed to say anything about abuse, but getting professional help is important
- D. Tell the friends to have the girlfriend come to see the counselor if she thinks she is pregnant

Answer

Option C is correct because John needs to get professional help even if he finds it embarrassing. **Option A is incorrect** because the friends cannot be held responsible for John, and the counselor should not use threats to gain compliance. **Options B and D are incorrect** because they don't deal directly with helping John.

11. Which of the following is most likely to affect the academic success of a student being bullied at school?

- A. The student may develop a learning disability due to an inability to focus on academic work.
- B. The student may avoid socializing with classmates and begin to self-isolate.
- C. The student may need specialized services that provide classroom accommodations.
- D. The student may have a difficult time concentrating during class due to feeling insecure and anxious.

Answer

Option D is correct because safety, or the sense of feeling safe, can affect student learning. If a student is being bullied, he or she will not feel safe. **Option A is incorrect** because learning disabilities are neurologically based processing problems, and being a victim of bullying cannot cause the student to develop such a disability. **Option B is incorrect** because avoiding socialization has no bearing on academic achievement. **Option C is incorrect** because specialized services are provided to students with disabilities.

Domain II—Planning and Implementing the Developmental Guidance and Counseling Program

Competency 004—(Program Management): The school counselor understands how to plan, implement and evaluate a developmental guidance program, including counseling services, that promotes all students' success.

12. Which of the following aspects of a school counseling program can demonstrate alignment with both the American School Counselor Association (ASCA) and the Texas School Counselor Association (TSCA) models?

- A. Use of data
- B. Support from the learning community
- C. Faculty and staff knowledge of counselor responsibilities
- D. Monetary contributions from the community

Answer

Option A is correct because the components of a comprehensive school counseling program can be measured by data analysis and compared to the guidelines of the ASCA and TSCA. **Options B, C and D are incorrect** because support from the learning community, faculty knowledge of counselor responsibilities and monetary contributions are helpful, but will not demonstrate alignment with the ASCA or TSCA models.

13. Ms. Frances began a series of lessons on college readiness. She based her topic on the district's vision and mission statements. As she worked with her tenth-grade class, she introduced the topic and told students that they would be looking up colleges or universities that she had selected as examples. In groups of three per computer, students spent the class period browsing campus sites.

Which of the following components of a developmental guidance program was the school counselor providing?

- A. Guidance curriculum
- B. Responsive services
- C. Individual planning
- D. System support

Answer

Option A is correct because the lessons help students develop skills in using a computer for an academic search. **Option B is incorrect** because responsive services focus on an immediate need of the student. **Option C is incorrect** because the lessons are geared toward developing skills rather than planning for an individual student's future. **Option D is incorrect** because system support refers to management activities, such as consultation, collaboration and supervision.

14. Which of the following will best help a counselor establish and maintain a comprehensive guidance counseling program?

- A. Daily update meetings with the administrative team
- B. Daily e-mails summarizing the day's events
- C. Monthly progress reports summarizing guidance lessons and students/groups counseled
- D. A yearly calendar with critical deadlines and trainings highlighted, with updates as necessary

Answer

Option D is correct because a yearly calendar will allow for planning. **Option A is incorrect** because daily meetings are time consuming and are not the most efficient way of sharing information. **Options B and C are incorrect** because they are methods of summarizing what has already happened and do not help with planning.

15. At the beginning of the school year, the professional school counselor sends a questionnaire to teachers to determine what areas they perceive as the greatest concerns for their students. Which of the following most likely characterizes the school counselor's motivation for sending out the questionnaire?

- A. Conducting a statistical analysis of type of teacher concern by grade level
- B. Making sure that counseling lessons are of interest to the students
- C. Conducting a needs assessment to target counseling lessons to the areas of greatest need
- D. Enabling the counselor to include all student demographics in counseling lessons

Answer

Option C is correct because the counselor wants to make sure that the programs and lessons in the guidance program are ones that are of importance to the students and staff in the school. **Option A is incorrect** because there is no indication from the information given that the counselor is conducting a statistical analysis. **Option B is incorrect** because although the professional school counselor would probably like the lessons to be of interest the students, the questionnaire is directed at teachers. Therefore, the counselor's primary motivation is most likely more closely related to identifying the teachers' needs. **Option D is incorrect** because the counselor is likely not concerned with targeting lessons to specific demographics of students, based on the description of the questionnaire.

16. Which of the following actions is considered part of the organizing step of the development cycle of a school counseling program?

- A. Adopting the school counseling program model
- B. Evaluating the school counseling program
- C. Establishing and planning the transition to the desired program
- D. Identifying leadership for program improvement efforts

Answer

Option D is correct because identifying program leadership falls under the organizing step of the program development cycle. It should be completed before all other steps listed as options. **Option A is incorrect** because it falls under the planning step of the program. **Option B is incorrect** because it falls under the evaluation step of the program. **Option C is incorrect** because it falls under the designing step of the program.

Competency 005—(Developmental Guidance Program): The school counselor knows how to provide a comprehensive developmental guidance program that promotes all students' personal growth and development.

17. The most effective method of ensuring that the goals for the developmental guidance curriculum are met is to

- A. provide teachers with activities to conduct in their classrooms.
- B. purchase a schoolwide curriculum that addresses the goals of the school's guidance program.
- C. collaborate with teachers to determine opportunities to integrate the guidance curriculum into the academic curriculum.
- D. establish a regular schedule for guidance lessons.

Answer

Option C is correct because the guidance curriculum is most effective when it is integrated into the academic curriculum. **Option A is incorrect** because it is better for the school counselor and the teacher to collaborate so that they can share their expertise. **Option B is incorrect** because it is difficult to find a packaged curriculum that matches the school's academic curriculum. **Option D is incorrect** because it is better to schedule guidance lessons so that they coincide with the academic curriculum rather than have the lessons adhere to a regular schedule.

18. Mr. Contreras is a new counselor at South High School who wants his classroom lessons to have an impact on student behavior during the academic year. He hopes to address issues that will carry over from the classroom into the students' personal lives. Which of the following is the most effective way for Mr. Contreras to gather the data he needs to provide student-focused and relevant lessons?

- A. Polling the teachers and administrators on behavioral issues occurring regularly in the school
- B. Talking with parents regarding concerns they have about student behavior
- C. Asking community members for ways to increase student involvement in civic affairs
- D. Holding meetings with students and involving them in creating the lessons

Answer

Option D is correct because the best way to understand the needs of the students and create a curriculum that meets those needs is to talk with students. **Options B, C and D are incorrect** because they are indirect ways to identify students' needs and are not as effective as talking directly to the students.

19. A school counselor is creating a guidance curriculum to address self-confidence development for second-grade students. Based on *A Model Comprehensive, Developmental Guidance and Counseling Program for Texas Public Schools*, which of the following competencies should the lessons address for second-grade students?

- A. Developing awareness of personal traits and characteristics that contribute to the uniqueness of each individual
- B. Acknowledging, accepting, and appreciating their own uniqueness
- C. Identifying similarities and differences between themselves and others
- D. Identifying things that are helpful and things that are harmful to their physical, intellectual, and emotional health

Answer

Option A is correct because *A Model Comprehensive, Developmental Guidance and Counseling Program for Texas Public Schools: A Guide for Program Development Pre-K-12th Grade* indicates that, developmentally, students at a first through third grade level are able to develop an awareness of personal traits that contribute to the uniqueness of individuals. **Option B is incorrect** because the model indicates that acknowledging, accepting, and appreciating one's own uniqueness is more appropriate developmentally for students in seventh through ninth grades. **Option C is incorrect** because the model indicates that identifying likenesses and differences between people is more appropriate developmentally for prekindergarten students. **Option D is incorrect** because the model indicates that identifying things that are helpful and things that are harmful to physical, intellectual, and emotional health is more appropriate developmentally for students in seventh through ninth grades.

20. Christian, a fifth-grade student, is referred to the school counselor for issues in dealing with fellow classmates. Christian is easily aggravated and becomes verbally and physically aggressive with other students when he feels as if things are not going his way. The school counselor is asked to help Christian come up with a plan to develop interpersonal effectiveness that can be implemented inside and outside of the classroom. Which of the following should be the focus of the counselor's plan?

- A. Helping Christian understand and use a variety of ways to solve conflicts with others inside and outside of the classroom
- B. Helping Christian's parents locate an outside therapist because Christian's issues are outside of a professional counselor's scope of practice
- C. Helping Christian describe his own culture's customs and expectations
- D. Helping Christian develop awareness of when it is appropriate to generalize his behavior to contexts outside of the classroom

Answer

Option A is correct because Christian's main problem is dealing with the students that he feels are not treating him fairly. Therefore, he needs to have a plan that will allow him ways to work through conflicts with fellow students.

Option B is incorrect because although Christian's actions affect others, teaching him to control his anger and providing him with a toolbox of conflict-resolution skills will enable him to improve his relationship with others more easily and effectively. **Option C is incorrect** because Christian's understanding of his cultural customs and expectations is not central to the resolution of his problem. **Option D is incorrect** because Christian's ability to generalize his behavior is not central to the resolution of his primary problem.

Competency 006—(Counseling): The school counselor understands how to provide effective counseling services to individuals and small groups.

21. A fifth-grade boy is referred to the school counselor because he has received behavioral referrals every week for the past month due to minor altercations with classmates on the playground. The student tells the counselor that he would like the other students to be his friends, but he is having difficulty getting their attention without "making them angry." The counselor asks the student to imagine that, while he is sleeping, a magic wand sweeps over his head and in the morning he awakens and his behaviors that make the students angry are gone. She asks the student what would be the first change that his mother would observe as he joined her for breakfast. This magic-wand technique is an important part of which of the following therapies?

- A. Reality
- B. Rational-emotive behavioral
- C. Systems
- D. Solution-focused brief

Answer

Option D is correct because the use of a magic wand or pill to rid the student of symptoms is often part of solution-focused brief therapy. **Option A is incorrect** because reality therapy focuses on the here and now, goal setting and determining whether current behavior will get the student closer to the goal. **Option B is incorrect** because rational-emotive behavior therapy focuses on confronting irrational beliefs that underlie negative behavior. **Option C is incorrect** because systems theory focuses on how negative behavior is part of the family system.

22. According to rational-emotive behavior therapy, "I must pass this exam, or I will be a total failure" is an example of

- A. wishful thinking.
- B. an irrational belief.
- C. disputation.
- D. self-pity.

Answer

Option B is correct because someone who fails an exam is not a total failure; that is an irrational belief. **Option A is incorrect** because no one would wish that they were a total failure. **Option C is incorrect** because disputation is when the counselor uses direct questioning to dispute a fact. **Option D is incorrect** because self-pity is a feeling of pity for yourself because of a belief that you have suffered more than is fair or reasonable.

23. A professional school counselor has received several self-referrals from fourth-grade girls who are having difficulty with their friends. After meeting with each girl individually, the counselor realizes that the referrals are dealing primarily with relational aggression within a friend group. The counselor decides to conduct some small-group counseling sessions with all of the girls to help resolve their issues. The framework developed by which of the following theorists is most appropriate to guide the counselor's practice with the girls?

- A. Carl Rogers
- B. Albert Ellis
- C. Erik Erikson
- D. Alfred Adler

Answer

Option A is correct because the question describes a Rogerian student-centered resolution group. The girls will need to figure out how to work on their friendship with little help from the counselor, who should function primarily as a monitor and facilitator. **Option B is incorrect** because Ellis' rational-emotive behavior therapy is a more active-directive type of therapy that is often practiced individually rather than in small groups, and to treat more severe psychological conditions rather than conflicts resolved in school counseling situations. **Option C is incorrect** because Erikson focused largely on developmental theory and the roles of culture and society on the conflicts within the ego rather than the conflicts that take place interpersonally. **Option D is incorrect** because Adler focused on individual psychology rather than small-group counseling or interpersonal relations.

24. A professional school counselor started a group consisting of five tenth-grade boys who had experienced the loss of a parent within the past year. At the most recent session, each of the boys claimed that his loss was more significant than the others'. According to Bruce Tuckman's group development model, which stage of group dynamics are the boys in?

- A. Performing
- B. Norming
- C. Storming
- D. Forming

Answer

Option C is correct because in the storming stage of group development, members often argue with each other or the group leader. **Option A is incorrect** because in the performing stage of group development, the group is usually working smoothly. **Option B is incorrect** because in the norming stage of group development, formal and informal rules are being developed. **Option D is incorrect** because in the forming stage of group development, members are just getting acquainted and are courteous to one another.

Competency 007—(Assessment): The school counselor understands principles of assessment and is able to use assessment results to identify students' strengths and needs, monitor progress and engage in planning to promote school success.

25. Which of the following types of assessments could provide qualitative data to help determine the effectiveness of a school counseling program?

- A. Parent surveys
- B. Career assessment outcomes
- C. State assessment exam results

- D. Disciplinary reports

Answer

Option A is correct because a survey that is completed by parents can include descriptive data, which is qualitative. **Options B and C are incorrect** because career assessments and state exam results are quantitative and numbers oriented, rather than descriptive. **Option D is incorrect** because disciplinary reports are more quantitative and are not direct measures of the effectiveness of a counseling program.

26. An academic team and the school counselor want to use the data collected from the eighth-grade state assessment exam to identify students who need tutoring. Which of the following is the most helpful way to use the data?

- A. Tallying the total number of questions that each student missed
- B. Partitioning the data for each subject
- C. Isolating each classroom's aggregated data
- D. Aggregating the data from the entire eighth grade

Answer

Option B is correct because partitioning data allows the counselor to identify specific areas in which individual students need tutoring. **Option A is incorrect** because knowing the total number of missed questions provides some idea of who needs tutoring, but does not indicate the specific subject areas in which they need tutoring. **Options C and D are incorrect** because using aggregate data does not allow the counselor to identify individual students who need tutoring.

27. Which of the following methods for enlisting student participation will result in the greatest student participation?

- A. Asking students to complete a survey mailed to their homes
- B. Asking students to stay after school to complete a survey
- C. Providing tables in the hallways during lunch so that students can complete a written survey
- D. Bringing students into the computer center during class time to complete an online survey

Answer

Option D is correct because students will be more likely to complete a survey during class time and on the computer. **Options A, B and C are incorrect** because students are not likely to read the mail, are unlikely to stay after school and are unlikely to want other students to see them filling out a survey in the hall.

28. Mike, a sixth-grade student, scored well below average for his grade level on standardized academic testing. The professional school counselor meets with Mike's parents and teacher to develop a plan to prepare Mike for the upcoming benchmark testing. Which of the following interventions will best support Mike in improving his performance?

- A. Requiring Mike to receive tutoring before or after school
- B. Assigning Mike additional homework at his grade level to complete as test preparation
- C. Using the test results to set instructional goals for Mike and monitoring his progress
- D. Initiating a referral for evaluation for special education services

Answer

Option C is correct because the professional school counselor is able to use the test results to set instructional goals for Mike and monitor his progress, which allows him or her to work collaboratively with Mike's parents and teachers to enhance Mike's academic performance. **Option A is incorrect** because although it may benefit Mike to receive additional tutoring, the professional school counselor cannot require Mike to be at school early or to stay late, as there may be family or logistical considerations that prevent his attendance at tutoring sessions.

Option B is incorrect because assigning additional homework at Mike's grade level is not likely to be an effective intervention, given that Mike did not score well at grade level on the standardized testing. **Option D is incorrect** because initiating a referral for special education services may not be warranted for Mike and is a decision that should be made by a child study team based on multiple sources of information. One set of poor test scores is not necessarily enough to determine whether a student is eligible for or requires special education services.

29. Using a scale, Sam weighs a bag of salt for an experiment. Kallie weighs the same bag with the same scale but gets a different answer. Tim uses the same scale and bag and also gets a different answer. The scale most likely has a problem with

- A. bias.
- B. statistical significance.
- C. reliability.
- D. confidence level.

Answer

Option C is correct because reliability refers to whether an instrument (in this case, the scale) produces the same measurement every time it is used. **Option A is incorrect** because bias occurs when an instrument produces higher scores for one group than for another, which is not the case for the scale. **Option B is incorrect** because statistical significance is the level at which a person can be sure that the results are really due to the manipulation of variables rather than random chance. **Option D is incorrect** because confidence level refers to the probability that the results the instrument is producing are not due to chance.

Domain III—Collaboration, Consultation and Professionalism

Competency 008—(Collaboration with Families): The school counselor knows how to communicate effectively with families and establish collaborative relationships that enhance work with students.

30. A parent tells a high school counselor that her freshman daughter's grandmother is terminally ill and that the student is struggling to deal with the situation. The student has been irritable and short-tempered at home, and the parent is concerned about her daughter's performance in two classes. In response to the parent's concern, the counselor agrees to speak with the student and the two teachers, as well as refer the student to a community grief-support group for teens. The counselor's activity is best described as

- A. individual counseling.
- B. group counseling.
- C. consultation.
- D. accountability.

Answer

Option C is correct because the counselor is speaking with the mother and the teachers for the benefit of the student. **Options A and B are incorrect** because in the scenario the counselor is not providing direct services to the student and options A and B are both examples of direct services. **Option D is incorrect** because in the scenario the counselor is not collecting data about or assessing the guidance program.

31. Which of the following actions is most likely to encourage parents to become actively engaged in their child's education?

- A. Assigning them to classrooms as parent volunteers
- B. Assigning them to the library as aides
- C. Asking them to select from a list of areas in which the school needs help
- D. Asking them to help design a unit of study for students

Answer

Option C is correct because parents are more likely to get involved when they are given a choice of what to do. **Options A and B are incorrect** because parents would rather choose than be assigned a volunteer task. **Option D is incorrect** because most parents are not qualified to design a unit of study for students.

32. A school counselor who is skilled at establishing partnerships of trust and mutual respect between homes and the school community has developed which of the following competencies?

- A. Human development
- B. Factors affecting students
- C. Program management
- D. Collaboration with families

Answer

Option D is correct because the collaboration with families competency focuses on the counselor's skills at communicating effectively with families to establish collaborative relationships to enhance their work with students. **Option A is incorrect** because the human development competency focuses on understanding developmental processes and how those processes affect students' social, emotional, behavioral and academic performance. **Option B is incorrect** because the factors affecting students competency focuses on understanding environmental, social and cultural factors that may affect students' development and academic achievement. **Option C is incorrect** because the program management competency focuses on planning, implementing, and evaluating a developmental guidance program to meet students' needs.

Competency 009—(Collaboration with Others in the School and Community): The school counselor understands how to work collaboratively with other professionals and with community members to promote positive change and to facilitate student learning.

33. Stephanie is a high school junior who was formally diagnosed with persistent depressive disorder at age 12 and placed on an antidepressant. Her mother has contacted the school counselor expressing concern about Stephanie's recent declining grades and excessive sleeping. She also requests that the counselor meet with her daughter on an individual basis, since she cannot afford a private therapist. Which of the following would be the most ethical action for the counselor to take?

- A. Assisting the parent in making an appointment with a mental health facility that bases charges on income
- B. Agreeing to see Stephanie on a weekly basis due to the counselor's interest in depression in adolescents
- C. Locating a peer tutor to help Stephanie several times a week with her academic assignments
- D. Referring Stephanie for psychological assessment to determine eligibility for special education services

Answer

Option A is correct because making an appointment to ensure that Stephanie receives appropriate mental health care is most important. **Option B is incorrect** because Stephanie's mental health issues are beyond the role of a school counselor. **Options C and D are incorrect** because Stephanie's need for mental health services is not addressed by getting a tutor or by being assessed for special education services. Addressing the mental health issues may resolve the academic problems.

34. The eighth graders at the Little Creek Middle School are scheduled to take the state assessment test. The mathematics teacher is concerned about her section I class due to poorer performance on the practice tests when compared to sections II and III of the same course. Class grades are similar in all three sections. In order to assist the teacher and students, the counselor could offer to

- A. present a unit on test-taking strategies and anxiety-reduction techniques to section I.
- B. begin referrals to special education services for students with the lowest practice test scores.
- C. offer to provide academic tutoring to the students with the lowest practice test scores.
- D. call the parents of students in section I and encourage them to help their students with mathematics homework.

Answer

Option A is correct because the counselor can help improve the students' scores by improving test-taking skills. **Option B is incorrect** because the decision to place students in special education should not be made based on a practice test. **Options C and D are incorrect** because the students perform well in mathematics class.

35. Upper elementary school counselors often attend teacher grade-level meetings to share, learn about the campus, and stay apprised of specific issues. For the past few months, the school counselor has been hearing reports from the fifth-grade teachers about cliques being formed among the fifth-grade girls and put-downs occurring between girls in the classrooms. In light of the information, the school counselor should begin by

- A. reporting to the assistant principal and requesting disciplinary action.
- B. phoning parents and requesting conferences.
- C. conducting classroom guidance on friendship issues and small-group sessions on communication, bullying, and decision making.
- D. asking teachers to document specific instances and provide concrete data.

Answer

Option C is correct because it is best to design an intervention for the students where the problems are occurring. **Options A and B are incorrect** because they do not directly address the students' behavior. **Option D is incorrect** because a number of teachers were reporting the same behaviors so it is not necessary to collect additional data.

36. During a consultation, the school counselor, Mr. Wynne, gives Jacob's teachers several strategies to help them deal with Jacob's inappropriate behavior. Which of the following modes of consultation is Mr. Wynne using?

- A. Collaborative
- B. Initiative
- C. Provisional
- D. Prescriptive

Answer

Option D is correct because in prescriptive consultation, the consultant plays an expert role and advises the consultee what to do with the client. **Option A is incorrect** because in collaborative consulting, the consultant and consultee work together to identify solutions to the problem. **Option B is incorrect** because in the initiative mode of consultation, the consultant approaches the consultee after identifying a problem so that the consultant is actually initiating the consultation. **Option C is incorrect** because in provisional consultation, the consultant works directly with the client because the consultee is either unwilling or unable to do so.

37. Ms. Philipp, a third-grade teacher, consults with the school counselor about one of her students, Andrew. Andrew has been caught stealing pencils, clothing items, and snacks from his classmates. Ms. Philipp has tried discussing the situation with Andrew and taking away his recess privileges when he is caught stealing, but she reports to the school counselor that these interventions have been unsuccessful in changing his behavior. Ms. Philipp has discussed the situation with Andrew's mother, who also reports being overwhelmed by Andrew's behavior. What is the most appropriate initial step for the school counselor to take?

- A. Reporting Andrew's misconduct immediately to the school principal for disciplinary action
- B. Meeting with Andrew to determine the reason for his stealing and the consequences for his stealing and to brainstorm solutions with him and his mother
- C. Contacting Child Protective Services (CPS) because Andrew is stealing food and clothing, which indicates neglect
- D. Recommending behavioral and/or psychological evaluations by the Child Study Team (CST) to place Andrew in a more appropriate program for his behavior

Answer

Option B is correct because the nature of the stealing is an important consideration for determining next steps of either assisting Andrew's mother with seeking social assistance for food and clothing since the items Andrew is stealing are basic needs or directing her to work with Andrew if the stealing requires a behavioral intervention. **Option A is incorrect** because while reporting Andrew's thefts to the administration should be considered, reporting his misconduct is not the primary concern of the school counselor and is therefore not the counselor's most appropriate primary action. In order for students to feel comfortable coming to talk to school counselors, it is best if school counselors can stay away from disciplinary actions. **Option C is incorrect** because the items that Andrew is stealing do not necessarily indicate neglect; therefore, more information needs to be obtained before making a report to CPS. **Option D is incorrect** because more information needs to be gathered about Andrew's behavior, his academic performance, his social functioning, and the interventions tried before determining that Andrew needs an evaluation and/or a change of placement.

Competency 010—(Professionalism): The school counselor understands and complies with ethical, legal and professional standards relevant to the profession.

38. An eleventh-grade student informs the school counselor that he was asked by the local public health department to take a blood test to rule out HIV and he is awaiting the results. A former girlfriend, who had tested positive, had given the department his name as one of the individuals with whom she had sex. The student indicates that his parents are aware that he took the blood test. What is the counselor's ethical responsibility at this point?

- A. Inform a campus administrator that the student may test positive for HIV
- B. Notify the student's current girlfriend's parents
- C. Send the student to the nurse to discuss alternative treatments
- D. Await the results of the test

Answer

Option D is correct because it is best to wait for the results of the test before taking action. **Options A and B are incorrect** because notifying other people violates the student's right to confidentiality. **Option C is incorrect** because decisions regarding treatment should be made by the student's doctor if and when such decisions are necessary.

39. Corina, a tenth-grade student, comes to the guidance counselor in distress. She reveals that the previous evening, she attended a party where she was given something to drink. Afterward, she was disoriented, then remembers nothing until she woke up in bed, undressed, with a young man she met at the party. The next morning, she found blood on her sheets and experienced pain and bruising on her body. She is terrified to tell her parents. What is the best first action for the counselor to take?

- A. Send Corina back to class
- B. Find a lawyer for Corina
- C. Notify Corina's teacher
- D. Contact Corina's parents

Answer

Option D is correct because Corina is a minor and her parents need to be aware of the situation. **Option A is incorrect** because Corina requires immediate intervention due to the seriousness of the situation. **Option B is incorrect** because this does not address the immediate need, and legal issues are outside the counselor's expertise. **Option C is incorrect** because this does not meet the immediate need, and telling the teacher would be a violation of confidentiality.

40. Johanna, a ninth-grade student, is distraught. She tells the professional school counselor that her parents were fighting and her father was arrested. Johanna says she is scared and has no family she can talk to about what happened. Which of the following is the most appropriate action for the school counselor to take?

- A. Informing Johanna's teacher about the situation
- B. Calling Johanna's mother to verify Johanna's claims
- C. Explaining confidentiality to Johanna and listening to her concerns
- D. Contacting the police station for a copy of the incident report

Answer

Option C is correct because the counselor should maintain confidentiality unless the student is at risk of harming herself or others, unless the student gives permission for confidentiality to be broken, or unless a court order has been obtained. None of these exceptions apply to Johanna’s situation, so she can discuss her situation confidentially with the professional school counselor. **Options A, B and D are incorrect** because they involve breaking confidentiality, which is not required of the professional school counselor in this instance, since Johanna is not in any imminent risk of harm.

Multiple-Competencies Passages

Questions 41–42 refer to the following information.

An elementary counselor is the only counselor at the only elementary school in her rural district. She has networked with three adjacent districts and has scheduled monthly conference calls to brainstorm, consult, and share ideas and materials. The counselor plans to participate in video conferences between school districts. She has also joined her state counseling association.

Competency 009—(Collaboration with Others in the School and Community): The school counselor understands how to work collaboratively with other professionals and with community members to promote positive change and to facilitate student learning.

41. The goal of the school counselor’s actions is which of the following?

- A. The hiring of additional school counselors
- B. A reduction in the school counselor’s workload
- C. A reduction in the number of complaints filed about the program
- D. Enhanced professional development opportunities

Answer

Option D is correct because the goal of the school counselor is to learn from professional development activities. **Option A is incorrect** because there is no evidence the counselor wants to encourage the administration to hire additional counselors. **Option B is incorrect** because the school counselor is not acting to reduce the workload; instead, the counselor is trying to prevent burnout and to learn new things. **Option C is incorrect** because there is no indication that there have been complaints filed, and professional development time may not reduce complaints.

Competency 010—(Professionalism): The school counselor understands and complies with ethical, legal and professional standards relevant to the profession.

42. The actions of this counselor best provide evidence of an attempt to

- A. use technology and other resources to facilitate professional growth.
- B. maintain maximum direct service contact.

- C. share responsibility for the guidance program.
- D. mitigate the counselor to student ratio.

Answer

Option A is correct because networking with school counselors in neighboring schools and joining a professional organization are professional development activities, and the counselor is using technology to facilitate these activities. **Option B is incorrect** because participation in professional development activities would reduce direct service time. **Option C is incorrect** because the school counselor is attempting to network and share ideas with other school counselors, not eliminate responsibilities. **Option D is incorrect** because participating in professional activities does not affect the counselor to student ratio.

Questions 43–44 refer to the following information.

Several kindergarten teachers tell the school counselor that their students are having behavior issues, including refusing to share, pushing and shoving, and arguing with each other and the teacher. The school counselor decides to implement classroom guidance lessons focusing on teaching social skills to all kindergartners.

Competency 005—(Developmental Guidance Program): The school counselor knows how to provide a comprehensive developmental guidance program that promotes all students’ personal growth and development.

43. Which of the following is the best way for the school counselor to find appropriate curriculum for the classroom guidance lessons?

- A. Searching for guidance lessons other counselors have posted online
- B. Asking other counselors in the district to share their curriculum
- C. Seeking research-based resources in journals and other professional materials
- D. Implementing the curriculum that has been used in the past, since teachers are already familiar with the material

Answer

Option C is correct because research-based programs are often more effective and the school counselor can determine, based on the information provided, which program is a good fit for the campus. **Options A, B and D are incorrect** because they do not provide strong evidence that the curriculum is effective.

Competency 006—(Counseling): The school counselor understands how to provide effective counseling services to individuals and small groups.

44. After the teacher provides classroom guidance for the kindergartners, what type of secondary intervention would be most effective?

- A. Individual counseling with students who are experiencing behavior problems
- B. Psychoeducational groups

- C. Parent meetings
- D. Small-group counseling

Answer

Option D is correct because small-group counseling allows the school counselor to work on social skills, since other students are present during the counseling. **Option A is incorrect** because individual counseling is less effective than group counseling. Peers are not present for the student to interact with; additionally, the counselor will not be able to meet with as many students. **Options B and C are incorrect** because they are not as effective as small group counseling: the negative behavior is already present and therefore more direct intervention is needed.

Questions 45–47 refer to the following information.

The counselor at an elementary school has just received the state assessment test results for fifth graders. Scores indicate that a subpopulation of primarily Limited English Proficient (LEP) students did not pass the reading section of the test.

Competency 002—(Student Diversity): The school counselor understands human diversity and applies this knowledge to ensure that the developmental guidance and counseling program is responsive to all students.

45. The school counselor disaggregates the test data and notices that the students who failed needed only two or three more correct answers to receive a passing grade. Based on the data, the school counselor's first response is to

- A. place all students in an after-school tutoring program.
- B. allow the teachers to address the high rate of test failures and ensure that the LEP students perform better in reading.
- C. work with classroom teachers to plan a curriculum specifically designed to meet the students' needs.
- D. provide each student who failed with a peer tutor.

Answer

Option C is correct because, by working together, the teachers and counselors will have the expertise to develop a curriculum to help the LEP students perform better. **Options A and D are incorrect** because providing tutoring is treating each case individually rather than correcting a system-wide problem. **Option B is incorrect** because the teachers should not have sole responsibility for designing a curriculum for the LEP students.

46. To ensure that the school's developmental guidance and counseling program is responsive to all students and to ensure that the LEP students do better on the reading section of the exam in the future, the school counselor should

- A. ask the principal to meet with the teachers of failing students to discuss ineffective teaching methods.
- B. provide a guidance unit for all fourth and fifth graders on test-taking strategies.

- C. ask the school librarian to visit the classrooms more often.
- D. provide in-service training to all teachers on how to work with diverse student populations with regard to school success.

Answer

Option D is correct because collaborating with teachers to provide better instruction to students with diverse needs will give the LEP students the best opportunity to perform better. **Option A is incorrect** because pointing out faults without providing solutions will not help the LEP students. **Option B is incorrect** because it is important for the students to be able to read better, not just take tests well. **Option C is incorrect** because increasing contact with the librarian does not ensure an increase in actual reading time or performance.

Competency 008—(Collaboration with Families): The school counselor knows how to communicate effectively with families and establish collaborative relationships that enhance work with students.

47. To promote positive systematic changes for the LEP students who did not pass the reading section, the school counselor should

- A. send notes home to inform parents whose students failed the test.
- B. call parents whose students failed the test to notify them of the results.
- C. provide classes to teach the parents at-home tutoring methods.
- D. invite the parents to join the planning team for intervention services.

Answer

Option D is correct because collaboration between the parents and the school will provide the best opportunity for the LEP students to be successful. **Options A and B are incorrect** because there is no attempt to provide a solution to help the LEP students improve. **Option C is incorrect** because, while parent tutoring may be helpful in some cases, it cannot be expected to be as successful as a professional intervention implemented in the school setting.

Questions 48–50 refer to the following information.

Chloe is a fourth-grade student who moved two months ago with her family from a small rural town to a large suburban area. Chloe's new school is much larger than her previous school, which Chloe had attended since kindergarten. Prior to the move, Chloe was an excellent student, was well liked by her peers, participated in after-school sports, and had a large extended family nearby. Since the move, Chloe's grades have dropped from A's to C's. Socially she has not expressed interest in any extracurricular activities or established any close friendships. She gets along with her classmates but is not invited to activities outside of school. Chloe's mother has scheduled a conference with the professional school counselor to discuss the change in her daughter's academic and social functioning.

Competency 001—(Human Development): The school counselor understands processes of human development and applies this knowledge to provide a developmental guidance program, including counseling services, that meets the needs of all students.

48. From a developmental perspective, what should the counselor consider related to the change in Chloe's academic performance and her social development?

- A. Because Chloe's previous school was not as academically rigorous as her new school, Chloe is unmotivated to succeed in her new school.
- B. The numerous positive peer relationships Chloe had at her previous school contributed to her high academic achievement and her positive social and emotional functioning.
- C. Because many of Chloe's friends were members of her extended family, Chloe has not developed the social skills necessary to develop friendships in the new school.
- D. According to Erik Erikson, the greatest developmental need of students at Chloe's grade level is to fit in and be accepted by peers.

Answer

Option B is correct because research indicates that there is a connection between positive peer relationships and academic achievement. **Option A is incorrect** because no assumptions can be made about the rigor of curriculum in Chloe's previous school or her level of motivation based on the information provided. **Option C is incorrect** because Chloe's relationship to her playmates should not have precluded the development of effective social skills. Because she was well liked by her peers at her previous school, it is evident from the information provided that her social skills are appropriately developed. **Option D is incorrect** because according to Erikson's theory of development, children of Chloe's age and grade level are most concerned with the conflict between industry and inferiority, which has to do with being productive versus failing to be so.

Competency 003—(Factors Affecting Students): The school counselor understands factors that may affect students' development and school achievement and applies this knowledge to promote students' ability to achieve their potential.

49. Which of the following statements is most accurate regarding Chloe's overall functioning?

- A. Chloe's functioning is still within the anticipated range of responses to her transition.
- B. The normal period of adjustment to a major transition for a student Chloe's age is one year.

- C. Problems related to adjustment such as those Chloe is experiencing typically resolve spontaneously within two months.
- D. School personnel are not currently providing Chloe the assistance she needs to facilitate her successful transition.

Answer

Option A is correct because Chloe moved two months ago, and according to a National Institutes of Health- funded study, adjustment to a move can last much longer than two months. **Option B is incorrect** because adjustment times can vary due to a number of circumstances. **Option C is incorrect** because according to the most recent edition of the *Diagnostic and Statistical Manual of Mental Disorders*, a child must have difficulty with an adjustment for at least three months for the child's behavior to be considered an adjustment disorder. **Option D is incorrect** because no information is given about how the school personnel reacted to Chloe.

Competency 008—(Collaboration with Families): The school counselor knows how to communicate effectively with families and establish collaborative relationships that enhance work with students.

50. During the conference with Chloe's mother, what should be the counselor's primary goal?
- A. Gathering information about how the rest of Chloe's family has adjusted to the move
 - B. Investigating whether Chloe's family has resources to get outside help for Chloe
 - C. Defending the school's role in Chloe's academic and social adjustment
 - D. Working with Chloe's mother to develop goals that will help Chloe improve her academic and social adjustment

Answer

Option D is correct because the school counselor should help the mother develop strategies to aid in Chloe's adjustment. **Option A is incorrect** because the school counselor should be concerned primarily about Chloe's adjustment. **Option B is incorrect** because Chloe's adjustment is still within a normal range and the school counselor is beginning to help the mother with adjustment strategies. **Option C is incorrect** because according to the scenario, the school personnel have not done anything wrong.