

**MES'S PILLAI COLLEGE OF EDUCATION AND RESEARCH
CHEMBUR**

**EC - 3 Guidance and Counselling
Sample MCQ Questions**

Q 1) Guidance can be called a process because

- a) One defines problems, identifies choices, sets goals and makes plans to reach that goal
- b) it helps every individual
- c) it is a continuous process
- d) It is a voluntary process

Right answer (a) One defines problems, identifies choices, sets goals and makes plans to reach that goal

Q 2) Principles of Guidance provides the

- a) Sociological framework for organising guidance activities
- b) Psychological framework for organising guidance activities
- c) Philosophical framework for organising guidance activities
- d) Political framework for organising guidance activities

Right answer (c) Philosophical framework for organising guidance activities

Q 3) State which of the following statements is NOT TRUE with respect to the principles of guidance

- a) Guidance is a lifelong process
- b) Guidance can take the help of tests for effectiveness
- c) There is no scope for individual differences in guidance
- d) Guidance is a generalised and specialised process

Right answer (c) There is no scope for individual differences in guidance

Q no. 4) According to Ginsberg's Theory, during the fantasy stage,

- a. Children primarily engage in playful acts and simulating occupations.
- b. Children start becoming aware of his likes and dislikes
- c. Children start paying attention towards his capacities
- d. Children commit to one chosen direction

Right Answer a) Children primarily engage in playful acts and simulating occupations.

Q no. 5) In which stage of Ginsberg's Theory of Vocational Choice are adolescent children able to better focus on, and recognize, work requirements?

- a) Fantasy stage
- b) Tentative choice stage
- c) Realistic choice stage
- d) Crystallisation Stage

Right Answer b) Tentative choice stage

Q no. 6) 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.

- a) Fantasy stage
- b) Interest Stage
- c) Tentative choice stage
- d) Realistic choice stage

Right Answer d) Realistic choice stage

7) E.G. Williamson was the chief proponent of

- a) Directive Counselling
- b) Non- directive Counselling
- c) Eclectic Counselling
- d) Directive and Non-directive Counselling

Right answer c) Eclectic Counselling

8) The one who seeks help in a counselling is called the

- a) Counsellor
- b) Counselee
- c) Consultant
- d) Patient

Right answer b) Counselee

9) The one who provides help in a counselling is called the

- a) Counsellor
- b) Counselee
- c) Therapist
- d) Consultant

Right answer a) Counsellor

10) Which type of stress provides the outlet to express our talent and energies and helps us to pursue happiness?

- a) Distress
- b) Eustress
- c) Acute stress
- d) Chronic stress

Answer b) Eustress

- 11) In India, the data regarding substance abuse is collected by the _____
- a) National Institute of Social Defence (NISD)
 - b) United Nation Children's Fund (UNICEF)
 - c) World Health Organisation (WHO)
 - d) Protection of Children from Sexual Offence (POCSO)

Answer a) National Institute of Social Defence (NISD)

12) Dr. Ellis's ABCDE Model stands for:

- a) A- Activating Event , B – Belief System ,C – Consequences, D – Disputing ,E – (New) Effect
- b) A- Action,B – Belief System ,C – Consequences, D – Disputing ,E – (New) Effect
- c) A- Activating Event , B – Brain Teaser ,C – Consequences, D – Disputing ,E – (New) Effect
- d) A- Activating Event , B – Belief System ,C – Care taking, D – Disputing ,E – (New) Effect

12) a) A- Activating Event , B – Belief System ,C – Consequences, D – Disputing ,E – (New) Effect