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QUESTION 1

Which of the following is not a factor in the sleep patterns of adolescents?

- A. Biorhythm changes
- B. Defiance
- C. Increased need for sleep
- D. Increased academic and social demands

Correct Answer: B

Teens require more sleep than the average adult due to their rapid growth. A teen's decreased sleep patterns do not generally stem from defiant behavior. Teens have biorhythm changes, making them more likely to stay up late and sleep later. They are inundated with academic and social demands which may impair the amount or quality of their sleep.

QUESTION 2

The correct order of Piaget's 4 stages is:

- A. formal operational, preoperational, sensorimotor, concrete operational
- B. preoperational, formal operational, concrete operational, sensorimotor
- C. concrete operational, sensorimotor, preoperational, formal operational
- D. sensorimotor, preoperational, concrete operational, formal operational

Correct Answer: D

Piaget was a developmental theorist who believed all people went through the same four stages. The main goals of each stage follow: sensorimotor object permanence; preoperational symbolic thought; concrete operational operational thought; and formal operational abstract concepts.

QUESTION 3

Which is NOT one of the original 3 stages of career development identified by Ginzberg and his associates?

- A. Exploratory
- B. Fantasy
- C. Tentative
- D. Realistic

Correct Answer: A

During childhood, individuals are in the fantasy stage. Through play and imagination, they experience many different

careers. Once an individual reaches adolescence, he or she enters the tentative stage. This stage has four sub-stages: interest, capacity, values, and transition. The realistic stage begins around age 17 and lasts through the early 20s. In this stage, the individual will engage in exploration, crystallization, and specification of a specific career. Later, Ginzberg changed his outlook and said that career choice is a life-long process and does not end in the early 20s. Instead, people optimize.

QUESTION 4

Some counseling methods are "product-oriented," while others are "process-oriented". Which of the following is more interested in the product than the process?

- A. Transactional-analysis
- B. Client-centered
- C. Behavioral
- D. None of the Above

Correct Answer: C

Behavioral counseling focuses on changing the client's behavior. Transactional-analysis, developed by Berne, focuses on interactions between people and communication is very important. In this theory, it is believed that within each person, there are 3 altered ego stages- the parent, the adult, and the child. In Client-centered, developed by Carl Rogers, the process is the focus and often guided by the client.

QUESTION 5

Your supervisor suggests that you give your client a Beck's Depression Inventory (BDI) Test. This is a(n) _____.

- A. aptitude test
- B. intelligence test
- C. self-report test
- D. achievement test

Correct Answer: C

Tests that measure criterion based on a patient's report are called self-report tests. The BDI does not measure aptitude, intelligence or achievement.

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