Counseling Children
Exam I

1. Research reviews on the efficacy of comprehensive school counseling programs by Lappan, Gysbers & Sun (1997), Lappan, Gysbers & Petroksi (2001) and Nelson, Gardner & Fox found that students in more fully implemented programs:
    a) Had higher ACT scores
    b) Felt safer in school
    c) Had fewer problems related to school environment
    d) Had higher grades
    e) All of the above

2. Borders & Drury's (1992) review of 30 years of research on the comprehensive school counseling concluded:
    a) Individual & group counseling had a positive impact on student behavior and achievement
    b) Classroom guidance had a positive impact on student behavior and achievement
    c) Consultation with parents and teachers a positive impact on student behavior and achievement
    d) All of the above
    e) A & C

3. The Student Success Skills Seven Keys to Mastering Any Course includes the all of the following categories except:
    a. Social skills
    b. Learning skills
    c. Self-management skills
    d. Interaction patterns between teachers/parents and children

4. List three sources of biblio counseling materials discussed in class and presented on the Behavior Therapy powerpoint.

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5. Watson (1980) list six goals for biblio-counseling. Which of the following is not one of Watson's goals?
    a. Looking at alternative solutions
    b. Allowing client to see similarity between their problems and those of others
    c. Building reading comprehension skills
    d. Encouraging free expression concerning problems

6. When using biblio-counseling Watson states that the key is to focus on:
   a. Characters behaviors
   b. Characters feelings
   c. Characters thoughts
   d. A & B
   e. All of the above

7. All of the following are person centered applications to play therapy except:
   a. Constructive advice
   b. Tracking behavior
   c. Restatement of content
   d. Reflection of feeling

8. All of the following are part of Oaklander's "working model" for using art except:
   a. Sharing the experience of drawing
   b. Describing the picture
   c. Tracking behavior during the art work
   d. Identifying with parts of the picture

9. The following questions are associated with which of Oaklander's "working model" concepts.
   Do you ever feel that way?
   Do you ever do that?
   Does that fit with your life?
   a. Helping child own what has been said about picture
   b. Dialogue between parts of picture
   c. Exagerating parts of picture
   d. Identifying with parts of picture

10. Which of the following is not a one of the skills taught in Ready To Learn:
    a. Attending
    b. Dealing with Loss
    c. Listening
    d. Dealing with Divorce
    e. B & D

11. All of the following are required by ethical standards regarding group counseling with children except:
a. Meeting with potential group participants for screening purposes prior to beginning of group
b. Supervised training in leading children's groups
c. Manditory inclusions of children specifically referred by certified teachers or administrators
d. Obtaining parent approval

12. Reality therapy includes each of the following steps except:
a. Logical consequences
b. Examining current behavior
c. Examining the reasons why current behavior is performed
d. Not becoming discouraged and giving up to soon

13. Which of the following is not part of the ten step Reality therapy consultation model for managing behavior problems in the classroom?
a. In class time out
b. Out of class time out
c. Discussing what has been tried that does not work
d. Praising appropriate behavior

14. The types of questions a Reality therapy counselor uses with clients include all the following except:
a. Why?
b. When?
c. Where?
d. What?

15. Which of the following are examples of tracking responses by the play therapist?
a) you are bringing that over to me
b) you put that one on top of the other
c) you are pointing that at me
d) all of the above

16. The purpose of tracking is to :
    point out the underlying feelings and build the child's feeling vocabulary
       a) let the child know the therapist is paying attention to what he or she is doing
       b) build the relationship with the child
       c) b & c

17. While children often do not have the verbal-reasoning skills to describe their feelings they do express their feelings through:
       a) their voices
       b) facial expressions
       c) posture
       d) behavior in their play and in their stories
       e) all of the above

18. Keats' "HELPING" acronym was based upon:
       a) Bandura's social learning theory
       b) Lazarus' BASIC ID
       c) Wolpe's systematic desensitization model
       d) None of the above

19. The "H" in Keats "Helping" acronym includes:
       a) diet
       b) sleep
       c) learning skills
       d) anxiety
       e) A & B

20. In four recent studies in Pasco and Broward County in collaboration with a FAU research project titled "Student Success Skills: Developing Academic and Social Competence" the impact of school counselors on student performance was investigated. The focus of the studies was on the critical skills identified by Masten and Coatsworth (98) and Wang, et al (94) in their extensive reviews of research on "successful children" and "what helps students learn". What did the Pasco-Broward/FAU project find when they focused on these critical skills?
   a) Eight out of ten target students improved in math FCAT scores an average of 30 scale score points and seven out of ten improved in reading FCAT scores an average of 25 scale score points.
   b) Seven out of ten target students improved in "student success behaviors" an average of 20 percentile points
   c) Increased job satisfaction of participating school counselors
   d) Improved perception of school counselors' role by teachers
   e) All of the above

21. Violet Oaklander's theoretical model is based on which counseling theory?
   a) Adlerian
   b) Gestalt
   c) Behavioral
   d) Cognitive/behavioral

22. Landreth is primarily associated with which counseling theory?
   a) Gestalt
   b) Adlerian
   c) Person Centered
   d) Behavioral

23. Kaizen means:
   a) soul friend
   b) "you can do it"
   c) small, continuous improvement
   d) self-acceptance

24-26. Name three components of the Begin section of the SSS group counseling model which has been demonstrated by the instructor and classmates during class this semester.

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27-30. List the four part goal setting sequence in order for closing a group session from the SSS group counseling model.

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According to the research base for counseling children and adolescents handout from class, determine whether the following questions are true or false:

31.   Group counseling is less effective than individual counseling   T   F

32.   Behavioral and cognitive behavioral approaches had larger effect sizes than other theoretical models.   T   F

33.   The Safe Place activity uses what types of interventions:
        a.   Auto hypnosis
        b.   Systematic desensitization
        c.   relaxation
        d.   Guided imagery
        e.   C & D

34.   In the Kinetic family or school drawing activity what are the instructions given by the counselor to the child?
        _____
        _____
        _____

35.   In the Student Success Skills Student Peer Coaching model, which of the following is not one of the five main steps:

      a.   Select a situation
      b.   Picture success
      c.   Try it out
      d.   Provide feedback

36.   In the Student Success Skills Student Peer Coaching model, which of the following is not one of the guidelines for solutions:

      a.   Aim for win-win solutions
      b.   Does the solution break any rules
      c.   Does the solution get you what you want
      d.   Is the solution the "right thing" to do (ethical)?

37.   In the Student Success Skills Student Peer Coaching model, giving positive and corrective feedback involves a particular order. Which of the following do not follow the order of giving feedback guidelines?

      a.   Start with what you suggest changing to help obtain a better outcome.
      b.   Start with what you liked-thought was helpful.
      c.   After sharing positives add corrective feedback
      d.   All of the above follow the guidelines

38.   According to Frank & Frank (1991) six counseling strategies account for 70% of the benefits that come from counseling. Which of the following do they list as important ingredients in any therapeutic change program?

      a.   Counseling relationship that moderates feelings of alienation
      b.   Instilling hope that their situation can get better
      c.   Helping clients experience a greater sense of self-effacy
      d.   Rehearsal and practice of new strategies
      e.   All of the above

39.   According to Wampold (2001) four factors were common to all effective counseling. Which of the following ***was not*** one they listed:

      a.   Establish a working alliance
      b.   Maintain a healing context of trust and helpfulness
      c.   Provide believable explanation for their problems
      d.   Provide effective strategies
      e.   Creation of an acceptable behavior contract

40-42. From the FAQ section in your course packet, list three categories of
empirical evidence that school counseling helps students improve
academic, personal/social and career performance.

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43-45. The "Looking Good Feeling Good Student Success Skills life skills scale
list five keys to increase mood and energy. List three.

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46-47. List two positive self-talk statements from the handout in the Student
Success Skills tool packet.

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48-50. From the handout titled "Resources for interventions for typical problems"
List three interventions associated with Academic learning problems.

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