Board Exam Desk

Guidance and Counseling Reviewer

Guidance and Counseling Licensure Examination | PRC | 120 original questions

2026 Edition | Updated November 2026

Original board-style practice questions with an answer key.

Practice questions

Theories and Techniques of Counseling

1. Rhea tells her counselor, "I failed one quiz, so I must be hopeless at everything." The counselor challenges the logic and evidence behind this belief. Which approach is the counselor applying?

A. Rational emotive behavior therapy
B. Gestalt therapy
C. Person-centered therapy
D. Classical psychoanalysis

2. A counselor asks a student, "Imagine you wake up tomorrow and the problem is gone. What would be the first thing you notice?" This question is characteristic of which approach?

A. Adlerian individual psychology
B. Existential therapy
C. Solution-focused brief therapy
D. Transactional analysis

3. To help a grieving student express unfinished feelings, the counselor invites him to speak directly to his late grandfather as if he were seated in a vacant chair. This technique comes from which approach?

A. Gestalt therapy
B. Narrative therapy
C. Reality therapy
D. Behavior therapy

4. Which set of counselor-offered conditions did Carl Rogers consider necessary and sufficient for client change?

A. Disputation, homework and skill rehearsal
B. Reinforcement, shaping and extinction
C. Congruence, unconditional positive regard and empathy
D. Interpretation, insight and working through

5. A counselor asks a truant student what he wants, what he is doing now, whether it is getting him what he wants, and what his plan is. Which framework is being used?

A. The ABCDE model of REBT
B. The ego-state analysis of TA
C. The hierarchy of systematic desensitization
D. The WDEP system of reality therapy

6. A counselor explores a client's birth order, early recollections and lifestyle, and aims to strengthen his social interest. The counselor most likely follows which theorist?

A. Fritz Perls
B. Sigmund Freud
C. Alfred Adler
D. Albert Ellis

7. Over several sessions, a female client begins reacting to her male counselor with the same resentment and need for approval she felt toward her strict father. This phenomenon is called

A. transference
B. resistance
C. countertransference
D. catharsis

8. A counselor notices that he becomes unusually impatient with a client who reminds him of his own rebellious younger brother. What is the counselor experiencing?

A. Reaction formation
B. Countertransference
C. Transference
D. Projective identification

9. A counselor helps a child talk about "the Worry Monster" that keeps him from sleeping, asking how the Monster tricks him and when he has defeated it. This reflects which approach?

A. Gestalt therapy, through dream work
B. Psychoanalysis, through free association
C. Narrative therapy, through externalizing the problem
D. Behavior therapy, through flooding

10. In systematic desensitization, a client practices deep relaxation while imagining items on an anxiety hierarchy. On what principle is this procedure based?

A. Latent learning
B. Reciprocal inhibition
C. Negative reinforcement
D. Spontaneous recovery

11. A student insists that unless she tops the class, she is completely worthless. According to Beck, this reflects which cognitive distortion?

A. Personalization
B. Selective abstraction
C. Arbitrary inference
D. Dichotomous thinking

12. After the sudden death of her mother, a client asks what the point of living is. The counselor helps her discover purpose through her responsibilities and values. This reflects which approach?

A. Berne's transactional analysis
B. Wolpe's behavior therapy
C. Skinner's operant conditioning
D. Frankl's logotherapy

13. A student says his barkada left him out of a trip. The counselor replies, "You feel hurt and set aside by the people you trusted most." What skill is the counselor using?

A. Reflection of feeling
B. Summarization
C. Confrontation
D. Interpretation

14. A client says he is fine with his parents' separation, yet his fists clench whenever the topic comes up. The counselor gently points out the mismatch. Which skill is this?

A. Paraphrasing
B. Structuring
C. Confrontation
D. Clarifying

15. Which of the following counselor statements is an open-ended question?

A. Was it your adviser who called you?
B. What was that experience like for you?
C. Are you going to tell your parents?
D. Did you feel angry when she left?

16. A teacher gives stars for completed homework, which students later exchange for privileges such as choosing seats. This behavioral technique is called

A. aversive conditioning
B. a token economy
C. covert sensitization
D. flooding

17. A counselor analyzes whether a client's statements come from his Parent, Adult or Child ego state. Which approach is this?

A. Transactional analysis
B. Solution-focused therapy
C. Reality therapy
D. Rational emotive behavior therapy

18. In Ellis's ABC model, what does C represent?

A. The belief about the event
B. The emotional and behavioral consequence
C. The activating event or adversity
D. The disputing of irrational beliefs

19. After failing the entrance test of a prestigious university, Marco says he never really wanted to study there anyway. Which defense mechanism is he most likely using?

A. Rationalization
B. Regression
C. Displacement
D. Sublimation

20. A client pauses for a long moment after recalling a painful memory. What is usually the most helpful counselor response?

A. Fill the pause with advice right away
B. Ask several questions to keep talking
C. Allow the silence so the client can reflect
D. Change the topic to ease the tension

21. A senior high student is unsure about quitting vaping. The counselor avoids arguing, explores his mixed feelings and elicits his own reasons for change. Which approach is this?

A. Classical psychoanalysis
B. Directive advice-giving
C. Motivational interviewing
D. Aversion therapy

22. According to Erikson, which psychosocial crisis is most central to high school adolescents?

A. Industry versus inferiority
B. Initiative versus guilt
C. Intimacy versus isolation
D. Identity versus role confusion

23. Which practice best reflects proper termination of a counseling relationship?

A. Ending abruptly once symptoms seem to ease
B. Leaving the client to decide without discussion
C. Avoiding any talk of feelings about ending
D. Discussing it ahead of time and reviewing gains

24. A Filipino student hesitates to discuss family conflict, saying it would shame her family. What is the most culturally responsive counselor action?

A. Build trust patiently and explore her hesitation respectfully
B. Insist that full disclosure is needed in the first session
C. Label the hesitation as pathological resistance
D. Refer her at once to a psychiatrist for evaluation

Psychological Assessment and Appraisal

25. On a test with a mean of 70 and a standard deviation of 4, a student scores 78. What is her z-score?

A. +2.0
B. +1.5
C. +0.8
D. +8.0

26. A student's z-score is -1.5. What is the equivalent T-score (mean 50, SD 10)?

A. 65
B. 45
C. 35
D. 15

27. On a deviation IQ scale with a mean of 100 and an SD of 15, what IQ corresponds to a z-score of +1.2?

A. 120
B. 112
C. 118
D. 115

28. In a normal distribution, approximately what percentage of scores fall between one standard deviation below and one standard deviation above the mean?

A. 99.7 percent
B. 68 percent
C. 50 percent
D. 95 percent

29. A test has a reliability of 0.60. Using the Spearman-Brown formula, what is the estimated reliability if the test is doubled in length with comparable items?

A. 0.75
B. 1.20
C. 0.80
D. 0.70

30. A test has a standard deviation of 10 and a reliability coefficient of 0.91. What is the standard error of measurement?

A. 0.9
B. 3.0
C. 1.0
D. 9.0

31. What is the median of the following scores: 7, 9, 10, 14, 21, 23?

A. 14
B. 12
C. 14.5
D. 10

32. In a class of 60 students, 45 scored below Jun and no one tied with him. What is his approximate percentile rank?

A. 60
B. 75
C. 45
D. 25

33. In the stanine system, a score exactly at the mean of the distribution corresponds to which stanine?

A. 50
B. 5
C. 9
D. 1

34. A counselor administers the same study-habits inventory to a group twice, two weeks apart, and correlates the two sets of scores. Which type of reliability is being estimated?

A. Alternate-forms reliability
B. Split-half reliability
C. Test-retest reliability
D. Inter-rater reliability

35. Cronbach's alpha and the Kuder-Richardson formulas are used to estimate which aspect of a test?

A. Internal consistency
B. Stability over time
C. Predictive validity
D. Scorer agreement

36. Scores on a college entrance test taken in Grade 12 are correlated with the same students' first-year GPA. What kind of evidence is being gathered?

A. Content validity
B. Face validity
C. Concurrent validity
D. Predictive validity

37. A school counselor prepares a table of specifications to make sure a test samples all the topics of a course. Which type of validity does this mainly support?

A. Concurrent validity
B. Content validity
C. Predictive validity
D. Construct validity

38. A client is shown ambiguous pictures of people and asked to tell a story about what is happening in each. Which instrument is being used?

A. Raven's Progressive Matrices
B. Rorschach Inkblot Test
C. Thematic Apperception Test
D. Minnesota Multiphasic Personality Inventory

39. A student scores 80 on a reading test and is judged to have mastered the unit because the cutoff is 75 percent of objectives, regardless of classmates' scores. This is an example of

A. percentile-based interpretation
B. norm-referenced interpretation
C. criterion-referenced interpretation
D. ipsative interpretation

40. Class rank (1st, 2nd, 3rd and so on) is measured on which scale?

A. Ordinal
B. Interval
C. Ratio
D. Nominal

41. On an easy test, most students scored high while a few scored very low. How is this distribution described?

A. Positively skewed
B. Negatively skewed
C. Platykurtic and bimodal
D. Normal and symmetric

42. A correlation of -0.85 is found between hours of online gaming and grades. How is this best interpreted?

A. Proof that gaming causes low grades
B. A strong inverse relationship
C. A strong direct relationship
D. A weak inverse relationship

43. A parent asks the counselor for a copy of the aptitude test booklet and its answer key. What is the most appropriate response?

A. Protect the test materials but explain the child's results
B. Photocopy the booklet and key for the parent
C. Let the parent retake the test to understand it
D. Refuse to discuss any part of the results

44. Which best describes an anecdotal record?

A. A summary of grades across school years
B. A standardized rating of overall personality
C. A self-report checklist of interests
D. A brief, objective account of a specific incident

45. In a sociogram of a Grade 8 class, one student is not chosen by any classmate and chooses no one. This student is best described as

A. a mutual choice
B. a star
C. a clique member
D. an isolate

46. Which appraisal technique gathers and integrates data from many sources to understand one student in depth?

A. Anecdotal record
B. Rating scale
C. Questionnaire
D. Case study

47. What is the population standard deviation of the scores 4, 6, 8, 10 and 12?

A. Exactly 8.00
B. About 3.16
C. Exactly 4.00
D. About 2.83

48. A Grade 9 student completes an inventory that sorts his preferences into six types to help explore suitable occupations. What is the inventory mainly measuring?

A. General intelligence
B. Academic achievement
C. Clinical symptoms
D. Vocational interests

Career Development and Counseling

49. Paolo enjoys repairing engines, working with tools and being outdoors, and prefers concrete tasks to social activities. Which Holland type fits him best?

A. Enterprising
B. Artistic
C. Social
D. Realistic

50. Bea likes teaching younger children, listening to friends' problems and volunteering in community outreach. Which Holland type is most likely dominant?

A. Social
B. Conventional
C. Investigative
D. Realistic

51. In Holland's theory, the degree of fit between a person's type and his or her work environment is called

A. congruence
B. consistency
C. identity
D. differentiation

52. According to Super, a 19-year-old trying out courses, part-time jobs and possible roles is mainly in which career stage?

A. Maintenance
B. Exploration
C. Establishment
D. Growth

53. Which theorist described occupational choice as the process of implementing one's self-concept across the life span?

A. Frank Parsons
B. John Holland
C. Donald Super
D. Anne Roe

54. Which theory proposed that occupational choice passes through fantasy, tentative and realistic periods?

A. Ginzberg and associates' theory
B. Krumboltz's social learning theory
C. Roe's personality theory
D. Holland's typology

55. Which theorist linked early parent-child relationships to whether a person later gravitates toward person-oriented or non-person-oriented occupations?

A. Eli Ginzberg
B. Linda Gottfredson
C. Anne Roe
D. David Tiedeman

56. A counselor encourages a student to treat unexpected events, like a chance conversation at a job fair, as opportunities to learn about careers. This reflects which concept?

A. Roe's occupational fields
B. Super's career maturity
C. Krumboltz's planned happenstance
D. Holland's differentiation

57. Knowing oneself, knowing the requirements of occupations, and reasoning about the relation between the two are the three steps proposed by

A. Mark Savickas
B. John Krumboltz
C. Donald Super
D. Frank Parsons

58. A girl rules out engineering because she believes it is only for boys, and later eliminates jobs she sees as too low in prestige. Which theory best explains this narrowing?

A. Roe's needs theory
B. Tiedeman's decision-making model
C. Gottfredson's circumscription and compromise
D. Parsons' trait-and-factor theory

59. A student cannot decide on a course, and also struggles to make decisions about friends, clothes and nearly everything else, with marked anxiety. This is best described as

A. a normal result of having too many talents
B. simple undecidedness due to lack of information
C. chronic indecisiveness needing attention to anxiety
D. a sign that she should take any course quickly

60. A Grade 10 student excels in math and wants the STEM strand, but her parents want ABM so she can run the family store. What should the counselor do first?

A. Explore her abilities and interests and facilitate family dialogue
B. Advise the student to follow her parents to avoid conflict
C. Choose a third strand so that neither side is favored
D. Tell the parents that the student's choice must prevail

61. In Savickas's career construction theory, concern, control, curiosity and confidence are dimensions of

A. occupational prestige
B. vocational congruence
C. career indecision
D. career adaptability

62. Self-efficacy beliefs, outcome expectations and personal goals are the central variables of which career theory?

A. Trait-and-factor theory
B. Developmental stage theory
C. Psychodynamic career theory
D. Social cognitive career theory

63. Which model divides career decision making into a period of anticipation and a period of implementation and adjustment?

A. Gottfredson's compromise model
B. Tiedeman and O'Hara's model
C. Holland's hexagonal model
D. Roe's circular model

64. A student says, "I'm sure I can learn programming if I practice." This statement best reflects

A. high self-efficacy
B. high differentiation
C. high career congruence
D. high outcome expectation

65. A Grade 11 student spends a day following a nurse at a hospital to observe her actual work. This career activity is called

A. work immersion grading
B. job shadowing
C. career assessment
D. occupational licensing

66. A student's top two Holland codes are adjacent on the hexagon, such as Realistic and Investigative. In Holland's terms this profile shows high

A. identity
B. congruence
C. differentiation
D. consistency

67. A student's interest profile shows one very high type and all other types low. In Holland's terms, this profile is

A. poorly congruent
B. highly differentiated
C. undifferentiated
D. highly inconsistent

68. A counselor asks a client to map the occupations of parents, grandparents, aunts and uncles to explore family influences on career choice. This tool is a

A. sociogram
B. life line
C. career genogram
D. job analysis

69. A counselor asks a client to sort cards labeled security, creativity, prestige and helping others into piles by importance. The activity mainly clarifies

A. work values
B. personality disorders
C. aptitudes
D. intelligence

70. A 45-year-old laid-off bank employee seeks career counseling. Using Schlossberg's transition model, the counselor examines Situation, Self, Support and

A. Status
B. Strategies
C. Success
D. Skills

71. Super's Life-Career Rainbow is used to illustrate

A. the roles a person plays across life stages
B. the steps of rational decision making
C. the six Holland personality types
D. the hierarchy of human needs

72. According to Super, a 55-year-old worker focused on holding on to his position and keeping his skills current is in which stage?

A. Growth
B. Establishment
C. Maintenance
D. Exploration

Group Counseling and Group Process

73. In the third meeting of a peer support group, members argue about rules and question the leader's authority. According to Tuckman, the group is in which stage?

A. Storming
B. Norming
C. Adjourning
D. Forming

74. In Corey's model, the stage marked by anxiety, defensiveness, testing of the leader and resistance is the

A. transition stage
B. final stage
C. working stage
D. initial stage

75. Which best defines group cohesiveness?

A. The similarity of members' presenting problems
B. The leader's control over group discussion
C. The number of rules agreed upon by members
D. The sense of belonging that binds members together

76. A shy student in a group says, "I thought I was the only one who felt this way." This illustrates which of Yalom's therapeutic factors?

A. Altruism
B. Catharsis
C. Universality
D. Imitative behavior

77. A new member feels encouraged after seeing others in the group overcome problems like her own. Which therapeutic factor is at work?

A. Instillation of hope
B. Corrective recapitulation
C. Existential factors
D. Group cohesiveness

78. A member with low self-worth feels better about herself after helping another member think through a problem. Which therapeutic factor does this illustrate?

A. Altruism
B. Imparting information
C. Catharsis
D. Universality

79. For a counseling group of high school students meeting weekly, which size is generally recommended?

A. About 30 to 40 members
B. About 6 to 8 members
C. About 20 to 25 members
D. Only 2 to 3 members

80. A support group decides that no new members may join after the first session until the program ends. This is

A. a self-help group
B. a task group
C. an open group
D. a closed group

81. What is the main purpose of a pre-group screening interview?

A. To select members who fit and can benefit from the group
B. To diagnose each applicant with a formal disorder
C. To assign members their seats and roles
D. To collect the fee before the group begins

82. A leader says, "Ana, what you shared sounds similar to what Ben said last week about his father." Which leadership skill is this?

A. Terminating
B. Blocking
C. Evaluating
D. Linking

83. During a session, a member begins gossiping about a classmate who is not in the group. The leader stops this behavior. Which skill is being used?

A. Supporting
B. Reflecting
C. Linking
D. Blocking

84. One member dominates every session, telling long stories and leaving little time for others. What is the most appropriate leader response?

A. Ignore it until the member stops on her own
B. Tactfully redirect and invite other members to speak
C. Ask the member to leave the group at once
D. Scold the member firmly in front of the group

85. Several members repeatedly blame one quiet member for the group's lack of progress. What should the leader do?

A. Agree with the majority to keep the group cohesive
B. Remove the quiet member to restore harmony
C. Allow it, since conflict always helps the group mature
D. Intervene to stop the scapegoating and explore the dynamic

86. Regarding confidentiality, what should a group counselor tell members at the start?

A. That confidentiality is expected but cannot be fully guaranteed
B. That nothing said in group can ever be shared by the leader
C. That every member is legally bound to absolute secrecy
D. That confidentiality applies only to the leader, not members

87. A counselor runs a six-session group that teaches Grade 7 students study skills through short lectures, exercises and practice. This is best classified as

A. an encounter group
B. a psychoeducational group
C. a psychotherapy group
D. a self-help group

88. How does group guidance generally differ from group counseling?

A. It is limited to students with diagnosed disorders
B. It is information-centered and usually involves larger groups
C. It always requires a psychiatrist as co-leader
D. It is more intensive and deals with deep personal problems

89. In the Johari Window, the open area of a member grows mainly through

A. avoiding conflict with the leader
B. self-disclosure and receiving feedback
C. keeping a private journal at home
D. remaining silent during sessions

90. A group leader gives almost no direction, sets no structure and lets members do whatever they wish. According to Lewin's classic study, this style is

A. democratic
B. transformational
C. autocratic
D. laissez-faire

91. In a group, a member acts out a conflict with her mother while another member plays the mother, and they later switch roles. This method was developed by

A. Carl Rogers
B. Irvin Yalom
C. Kurt Lewin
D. Jacob Moreno

92. A leader says, "Let's pause. I notice the room got quiet right after Lito mentioned his grades. What is happening here now?" The leader is mainly

A. interpreting a member's childhood conflict
B. giving information about study habits
C. evaluating members' academic standing
D. focusing on here-and-now group process

93. Which task belongs mainly to the final stage of a counseling group?

A. Testing the leader's trustworthiness
B. Consolidating learning and dealing with separation
C. Screening and selecting prospective members
D. Establishing ground rules and initial goals

94. What is a major advantage of having co-leaders in a counseling group?

A. They allow the group to run with no planning
B. They guarantee that no conflict will arise
C. They can share observations and model healthy interaction
D. They make member screening unnecessary

95. Members agree that only one person speaks at a time and that phones are kept away during sessions. These shared expectations are called

A. group roles
B. group norms
C. group themes
D. group goals

96. A member has said almost nothing for three sessions. What is the best way for the leader to respond?

A. Ignore the member so as not to create pressure
B. Require the member to speak first every session
C. Gently invite participation without forcing disclosure
D. Announce to the group that the member is resistant

Professional Ethics and Guidance Program Management

97. Republic Act No. 9258 is known as the

A. Social Work Act of 1965
B. Guidance and Counseling Act of 2004
C. Philippine Psychology Act of 2009
D. Mental Health Act of 2018

98. Under RA 9258, which academic degree is required to qualify for the Guidance Counselor Licensure Examination?

A. A bachelor's degree in elementary education
B. A bachelor's degree in any behavioral science
C. A master's degree in guidance and counseling
D. A doctorate in clinical psychology

99. During a session, a student describes a detailed plan to hurt a specific classmate after class. What should the counselor do?

A. Tell only the student's friends to watch over the classmate
B. Take steps to protect the classmate, even if it breaks confidentiality
C. Keep it confidential because the student trusted the counselor
D. Wait to see whether the student actually acts on the plan

100. A 10-year-old discloses that an adult relative has been physically abusing her and begs the counselor to tell no one. What should the counselor do?

A. Wait until the child gives permission to report
B. Promise to keep the secret so the child will keep trusting her
C. Confront the relative directly at the child's home
D. Explain gently that she must report it and follow child protection procedures

101. A guidance counselor is asked to provide counseling to her own niece, who is enrolled in the same school. What is the most appropriate action?

A. Counsel her, since family ties build trust faster
B. Ask the niece's parents to sit in the sessions
C. Counsel her but keep no records of the sessions
D. Refer the student to another qualified counselor

102. When should a counselor explain the limits of confidentiality to a new client?

A. Only if the client asks about it directly
B. At termination, when reviewing the case
C. Only after the client discloses something risky
D. At the start, as part of informed consent

103. A counselor realizes that a client's eating disorder requires specialized treatment beyond her training. What should she do?

A. Search online for a treatment plan to follow
B. Refer the client to an appropriate specialist
C. Continue anyway and learn as she goes
D. End counseling without further explanation

104. The principal asks to read a student's counseling notes to decide on a disciplinary case. What is the most appropriate counselor response?

A. Withhold the notes and share only needed information with consent
B. Destroy the notes so that no one can read them
C. Give the notes to the student's classmates instead
D. Hand over the full notes since the principal is the head

105. Which guidance service is responsible for gathering and organizing data such as family background, test results and health records for every student?

A. Individual inventory service
B. Follow-up service
C. Placement service
D. Information service

106. Helping graduating students find suitable jobs, courses or training programs is the function of which guidance service?

A. Research service
B. Placement service
C. Inventory service
D. Orientation service

107. A school surveys its graduates two years after graduation to learn where they are and how well the program prepared them. This is which service?

A. Inventory service
B. Orientation service
C. Counseling service
D. Follow-up service

108. Providing students with materials on courses, scholarships and occupations is the main function of which guidance service?

A. Information service
B. Counseling service
C. Inventory service
D. Follow-up service

109. Which service is usually considered the heart of the guidance program?

A. Testing service
B. Orientation service
C. Counseling service
D. Placement service

110. A newly hired guidance counselor wants to develop a school guidance program. What should she do first?

A. Conduct a needs assessment of students and stakeholders
B. Copy the program of a neighboring school
C. Schedule individual counseling for all students
D. Purchase as many standardized tests as possible

111. At year end, a guidance office compares attendance, referrals and student feedback with the goals it set earlier. This activity is

A. needs assessment
B. individual inventory
C. case conference
D. program evaluation

112. Before any incidents occur, a counselor holds sessions for all Grade 7 students on recognizing and avoiding cyberbullying. This is mainly

A. remedial guidance
B. crisis intervention
C. a case referral
D. preventive guidance

113. Which describes a proper referral to another professional?

A. Sending the client away without any explanation
B. Forwarding all records without the client's consent
C. Explaining the reason, getting consent and following up
D. Choosing a provider based on personal friendship

114. A current student-client sends a friend request to the counselor's personal social media account. What is the most appropriate response?

A. Accept and then restrict what the client can see
B. Accept so that the client feels more supported
C. Decline and explain the professional boundary kindly
D. Ignore it and avoid the client in school

115. The principal wants the guidance counselor to also impose sanctions on students who violate school rules. What is the most appropriate stance?

A. Accept, since counselors know the students best
B. Advocate keeping discipline separate from the counseling role
C. Accept and use counseling sessions to impose penalties
D. Refuse to see any student who has broken a rule

116. A school trains selected students to listen to and support their peers and to refer serious concerns to the counselor. What is this program called?

A. A placement program
B. A sociometric survey
C. A peer facilitator program
D. A case conference

117. A teacher asks the counselor for strategies to handle a withdrawn student, and the counselor works with the teacher rather than directly with the student. This indirect service is

A. consultation
B. placement
C. counseling
D. follow-up

118. A student tells the counselor she has decided how and when she will end her life. What is the most appropriate immediate action?

A. Schedule a follow-up session for next week
B. Keep it confidential to preserve her trust
C. Assess risk, keep her supervised and involve parents and mental health services
D. Advise her to think positively and send her back to class

119. When counseling minors, how should the counselor approach parents' requests for information?

A. Refuse all contact with parents in every case
B. Disclose every detail since parents have full rights
C. Balance the minor's privacy with parents' legitimate rights
D. Let teachers decide what parents should know

120. A teacher who has never passed the licensure examination introduces himself to parents as a registered guidance counselor. This act is

A. allowed if the principal approves it
B. allowed if he holds a master's degree
C. a violation of RA 9258
D. allowed for teachers in private schools

Answer key

Guidance and Counseling

1. A. Rational emotive behavior therapy

Actively disputing irrational, absolutistic beliefs is the core technique of Ellis's rational emotive behavior therapy.

2. C. Solution-focused brief therapy

The miracle question is a signature technique of solution-focused brief therapy, used to picture goals and exceptions to the problem.

3. A. Gestalt therapy

The empty chair is a Gestalt technique for bringing unfinished business into the here and now.

4. C. Congruence, unconditional positive regard and empathy

Rogers held that genuineness, unconditional positive regard and accurate empathic understanding are the core conditions for growth.

5. D. The WDEP system of reality therapy

Wants, Doing, Evaluation and Planning (WDEP) is the procedural system of Glasser's reality therapy as developed by Wubbolding.

6. C. Alfred Adler

Lifestyle, birth order, early recollections and social interest (Gemeinschaftsgefuhl) are central Adlerian concepts.

7. A. transference

Transference is the client's unconscious redirection onto the counselor of feelings originally held toward significant figures.

8. B. Countertransference

Countertransference refers to the counselor's own emotional reactions toward the client stemming from the counselor's unresolved issues.

9. C. Narrative therapy, through externalizing the problem

Externalizing separates the person from the problem, a hallmark technique of narrative therapy.

10. B. Reciprocal inhibition

Wolpe's procedure relies on reciprocal inhibition: relaxation is incompatible with anxiety, so it weakens the anxiety response.

11. D. Dichotomous thinking

Dichotomous (all-or-nothing) thinking places experiences in only two extreme categories, such as top or worthless.

12. D. Frankl's logotherapy

Logotherapy, an existential approach by Viktor Frankl, centers on the will to meaning, even in suffering.

13. A. Reflection of feeling

Reflection of feeling identifies and mirrors back the emotion underlying the client's message.

14. C. Confrontation

Confrontation in counseling is the non-judgmental pointing out of discrepancies, such as between words and body language.

15. B. What was that experience like for you?

Open-ended questions invite elaboration; the other options can be answered with a yes or no or a single word.

16. B. a token economy

A token economy uses secondary reinforcers (tokens) that are exchanged for backup reinforcers.

17. A. Transactional analysis

Eric Berne's transactional analysis describes personality through the Parent, Adult and Child ego states.

18. B. The emotional and behavioral consequence

A is the activating event, B the belief, and C the emotional and behavioral consequence; D is disputation.

19. A. Rationalization

Rationalization offers a socially acceptable excuse that protects self-esteem, as in the sour-grapes reaction.

20. C. Allow the silence so the client can reflect

Productive silence gives the client space to process feelings; rushing to fill it can interrupt self-exploration.

21. C. Motivational interviewing

Motivational interviewing works with ambivalence, rolls with resistance and draws out the client's own change talk.

22. D. Identity versus role confusion

Erikson placed identity versus role confusion in adolescence, when youth integrate roles into a coherent self.

23. D. Discussing it ahead of time and reviewing gains

Planned termination prepares the client, consolidates progress and addresses feelings about ending.

24. A. Build trust patiently and explore her hesitation respectfully

Culturally responsive counseling respects values such as hiya and family loyalty while building the trust needed for disclosure.

25. A. +2.0

z = (78 - 70) / 4 = 8 / 4 = +2.0.

26. C. 35

T = 50 + 10(-1.5) = 50 - 15 = 35.

27. C. 118

IQ = 100 + 15(1.2) = 100 + 18 = 118.

28. B. 68 percent

About 68 percent of cases lie within plus or minus 1 SD; about 95 percent lie within 2 SD.

29. A. 0.75

r' = 2(0.60) / (1 + 0.60) = 1.20 / 1.60 = 0.75.

30. B. 3.0

SEM = SD x sqrt(1 - r) = 10 x sqrt(0.09) = 10 x 0.3 = 3.0.

31. B. 12

With six scores the median is the average of the two middle values: (10 + 14) / 2 = 12.

32. B. 75

Percentile rank = 45 / 60 x 100 = 75, so Jun scored higher than 75 percent of the group.

33. B. 5

Stanines run from 1 to 9 with a mean of 5 and an SD of about 2.

34. C. Test-retest reliability

Correlating scores from the same test given on two occasions estimates stability over time, or test-retest reliability.

35. A. Internal consistency

Both coefficients estimate how consistently items within a single administration measure the same construct.

36. D. Predictive validity

Predictive validity compares test scores with a criterion measured at a later time.

37. B. Content validity

Content validity concerns how well test items represent the domain they are meant to cover.

38. C. Thematic Apperception Test

The TAT is a projective test in which clients create stories about ambiguous pictures.

39. C. criterion-referenced interpretation

Criterion-referenced interpretation compares performance to a fixed standard rather than to other test takers.

40. A. Ordinal

Ranks show order but not equal distances between positions, which defines an ordinal scale.

41. B. Negatively skewed

When scores cluster at the high end with a tail toward low scores, the distribution is negatively skewed.

42. B. A strong inverse relationship

A coefficient near -1 indicates a strong negative relationship; correlation alone does not establish causation.

43. A. Protect the test materials but explain the child's results

Test security must be maintained, while parents are entitled to a clear interpretation of their child's results.

44. D. A brief, objective account of a specific incident

Anecdotal records describe observed behavior factually and separately from any interpretation.

45. D. an isolate

An isolate receives no choices in sociometric data; a star receives many.

46. D. Case study

The case study is the most comprehensive appraisal technique, synthesizing information from multiple tools and informants.

47. D. About 2.83

Mean = 8; squared deviations 16, 4, 0, 4, 16 sum to 40; variance = 40 / 5 = 8; SD = sqrt(8), about 2.83.

48. D. Vocational interests

Holland-based inventories such as the Self-Directed Search measure interests, not ability or pathology.

49. D. Realistic

Realistic types prefer hands-on work with tools, machines, plants or animals.

50. A. Social

Social types are drawn to helping, teaching and serving others.

51. A. congruence

Congruence is the match between personality type and environment; greater congruence predicts satisfaction and stability.

52. B. Exploration

Super's exploration stage (roughly ages 15 to 24) involves crystallizing, specifying and implementing preferences.

53. C. Donald Super

Super viewed career development as a lifelong process of developing and implementing the self-concept.

54. A. Ginzberg and associates' theory

Ginzberg, Ginsburg, Axelrad and Herma described fantasy, tentative and realistic periods of occupational choice.

55. C. Anne Roe

Roe proposed that early childhood climate shapes needs that later orient a person toward or away from people at work.

56. C. Krumboltz's planned happenstance

Krumboltz's happenstance learning theory encourages clients to generate and use unplanned events productively.

57. D. Frank Parsons

Parsons' trait-and-factor model, outlined in Choosing a Vocation, set out these three steps.

58. C. Gottfredson's circumscription and compromise

Gottfredson described how children circumscribe options by sex type and prestige, then compromise for accessibility.

59. C. chronic indecisiveness needing attention to anxiety

Pervasive indecisiveness across life areas usually requires addressing underlying anxiety, not just giving career information.

60. A. Explore her abilities and interests and facilitate family dialogue

Counselors help students make informed choices while respecting family influence, which is strong in Filipino culture.

61. D. career adaptability

Savickas defined career adaptability as the readiness to cope with tasks and transitions through these four dimensions.

62. D. Social cognitive career theory

Lent, Brown and Hackett's social cognitive career theory is built on Bandura's work on self-efficacy.

63. B. Tiedeman and O'Hara's model

Tiedeman and O'Hara described anticipation (exploration to clarification) followed by implementation (induction to integration).

64. A. high self-efficacy

Self-efficacy is belief in one's capability to perform a task; outcome expectations concern the results of doing it.

65. B. job shadowing

Job shadowing gives a firsthand look at an occupation by observing a worker during a normal workday.

66. D. consistency

Consistency refers to how closely related the top types are; adjacent types on the hexagon are the most consistent.

67. B. highly differentiated

Differentiation is the distinctness of a profile; a single clear peak indicates high differentiation.

68. C. career genogram

A career genogram traces occupational patterns and expectations across family generations.

69. A. work values

Values card sorts help clients identify what they want work to provide, which guides career choice.

70. B. Strategies

Schlossberg's 4 S's are Situation, Self, Support and Strategies.

71. A. the roles a person plays across life stages

The rainbow depicts life roles such as child, student, worker and homemaker over the life span.

72. C. Maintenance

Super's maintenance stage (roughly 45 to 64) centers on holding on, keeping up and innovating in one's career.

73. A. Storming

Storming is marked by conflict, competition and challenges to leadership.

74. A. transition stage

The transition stage involves members dealing with anxiety and resistance before deeper work can occur.

75. D. The sense of belonging that binds members together

Cohesiveness is the attraction and togetherness members feel, which supports trust and risk-taking.

76. C. Universality

Universality is the relief of discovering that others share similar problems and feelings.

77. A. Instillation of hope

Instillation of hope grows from seeing other members improve.

78. A. Altruism

Altruism is the boost in self-esteem that comes from helping others in the group.

79. B. About 6 to 8 members

Small groups of around 6 to 8 adolescents allow every member to participate while sustaining group interaction.

80. D. a closed group

Closed groups keep the same membership throughout, which supports cohesion and trust.

81. A. To select members who fit and can benefit from the group

Screening checks fit, readiness and goals, and orients prospective members to the group.

82. D. Linking

Linking connects members' related concerns to promote interaction and cohesion.

83. D. Blocking

Blocking halts counterproductive behaviors such as gossip, breaching confidentiality or scapegoating.

84. B. Tactfully redirect and invite other members to speak

The leader should manage monopolizing respectfully, protecting group time while preserving the member's dignity.

85. D. Intervene to stop the scapegoating and explore the dynamic

Leaders must protect members from scapegoating and help the group look at what the blaming expresses.

86. A. That confidentiality is expected but cannot be fully guaranteed

Leaders stress the importance of confidentiality but must be honest that they cannot control what members disclose outside.

87. B. a psychoeducational group

Psychoeducational groups are structured and focus on teaching information and skills to prevent problems.

88. B. It is information-centered and usually involves larger groups

Group guidance shares information with larger groups, while group counseling addresses personal concerns in small groups.

89. B. self-disclosure and receiving feedback

Disclosing shrinks the hidden area and feedback shrinks the blind area, both enlarging the open area.

90. D. laissez-faire

Lewin, Lippitt and White described laissez-faire leadership as minimal involvement and guidance.

91. D. Jacob Moreno

Moreno developed psychodrama, which uses a protagonist, auxiliary egos and role reversal.

92. D. focusing on here-and-now group process

Attending to what is happening in the group in the present moment is a key leader function for deepening work.

93. B. Consolidating learning and dealing with separation

In the final stage, members review what they learned, plan to apply it and process feelings about ending.

94. C. They can share observations and model healthy interaction

Co-leaders offer more perspectives, share responsibility and model respectful collaboration.

95. B. group norms

Norms are the explicit or implicit rules that govern behavior in a group.

96. C. Gently invite participation without forcing disclosure

Silence can reflect many things; respectful invitations encourage involvement while respecting the member's pace.

97. B. Guidance and Counseling Act of 2004

RA 9258, the Guidance and Counseling Act of 2004, regulates the practice of guidance and counseling in the Philippines.

98. C. A master's degree in guidance and counseling

RA 9258 requires applicants to hold a master's degree in guidance and counseling.

99. B. Take steps to protect the classmate, even if it breaks confidentiality

Confidentiality has limits; a clear and imminent danger to an identifiable person triggers the duty to warn and protect.

100. D. Explain gently that she must report it and follow child protection procedures

Suspected child abuse must be reported through proper channels; counselors should never promise secrecy they cannot keep.

101. D. Refer the student to another qualified counselor

Dual relationships with relatives compromise objectivity, so referral is the ethical choice.

102. D. At the start, as part of informed consent

Informed consent at the beginning lets clients decide what to share knowing the limits of confidentiality.

103. B. Refer the client to an appropriate specialist

Counselors practice within the limits of their competence and refer when a client's needs exceed it.

104. A. Withhold the notes and share only needed information with consent

Counseling records are confidential; counselors share only what is necessary and appropriate, ideally with the student's consent.

105. A. Individual inventory service

The individual inventory (appraisal) service builds cumulative records to understand each student.

106. B. Placement service

Placement assists students in moving into the next appropriate educational or occupational setting.

107. D. Follow-up service

Follow-up tracks former students to evaluate outcomes and improve the guidance program.

108. A. Information service

The information service supplies educational, occupational and personal-social information.

109. C. Counseling service

Counseling, the direct helping relationship, is commonly regarded as the core of guidance services.

110. A. Conduct a needs assessment of students and stakeholders

A needs assessment ensures the program addresses the actual needs of the school population.

111. D. program evaluation

Program evaluation measures outcomes against goals to demonstrate accountability and guide improvement.

112. D. preventive guidance

Preventive programs aim to stop problems before they start; remedial work addresses problems already present.

113. C. Explaining the reason, getting consent and following up

Ethical referral involves the client's informed consent, a clear rationale and continuity of care.

114. C. Decline and explain the professional boundary kindly

Maintaining clear boundaries online prevents dual relationships while preserving the counseling relationship.

115. B. Advocate keeping discipline separate from the counseling role

Acting as disciplinarian undermines the trust that counseling requires, so counselors advocate role clarity.

116. C. A peer facilitator program

Peer facilitators extend guidance services but refer issues beyond their training to professionals.

117. A. consultation

Consultation helps a third party, such as a teacher or parent, assist the student.

118. C. Assess risk, keep her supervised and involve parents and mental health services

A specific suicide plan signals high risk, requiring immediate safety measures, notification of parents and referral.

119. C. Balance the minor's privacy with parents' legitimate rights

Counselors respect minors' confidentiality while recognizing parents' legal and guardianship rights.

120. C. a violation of RA 9258

RA 9258 prohibits practicing as or using the title of guidance counselor without a valid certificate of registration.

Topics to review

• Counseling theories and interviewing

• Career development and guidance programs

• Assessment, interpretation and referral

• Confidentiality, supervision and professional ethics

Online question banks and study resources

Guidance and Counseling - Pass Harbor (Question bank)

Official PRC board information

Current PRC exam programs

Independent study material prepared by Board Exam Desk.