Counseling Children and Adolescents 1st edition Kress Test Bank

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Test Bank

For

Counseling Children and Adolescents

1st Edition

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Prepared by

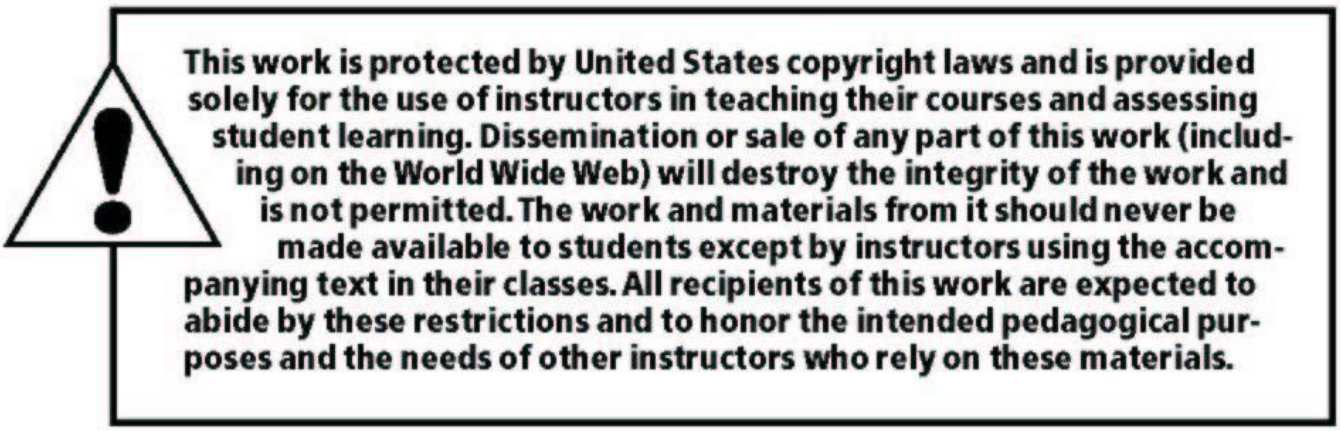
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Introduction

This test bank contains multiple-choice questions for each chapter in the *Counseling Children and Adolescents, 1st edition* text. These questions may be used to:

- Assess student comprehension of chapter readings
- Measure change in knowledge from the beginning to the end of the course (pre-/post-test)
- Guide students' focus when reading (as an advance organizer)
- Practice test-preparation strategies for professional examinations

Questions are organized by text chapter and focus on knowledge and application of chapter content.

Answer keys are provided at the end of this resource.

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Chapter One: Developmentally Informed Youth Counseling

1. Approximately _____ percent of mental health disorders develop prior to age 14.
    a. 10
    b. 20
    c. 50
    d. 70

2. Youth development is:
    a. Consistent and predictable.
    b. Similar for all youth
    c. Slow and predictable
    d. Influenced by context

3. A milestone that differentiates adolescence from childhood is the development of:
    a. Abstract thinking
    b. Problem-solving skills
    c. Awareness of emotions
    d. Awareness of self

4. Insight is a typical developmental milestone of:
    a. Early childhood
    b. Middle childhood
    c. Early adolescence
    d. Later adolescence

5. Trauma is considered a developmental:
    a. Protective factor
    b. Risk factor
    c. Resiliency factor
    d. Both A and C

6. Academic engagement is considered a developmental:
    a. Protective factor
    b. Risk factor
    c. Resiliency factor
    d. Both A and C

7. One example of a cognitive risk factor is:
    a. Low intelligence
    b. Rebelliousness
    c. Poor physical health
    d. Poverty

8. One example of a psychosocial protective factor is:
    a. Humor
    b. High intelligence
    c. Secure attachment
    d. Empathy

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9. A 13-year old female client reports increasing mood swings, depression, and irritability. This is *most likely* to be a byproduct of:
    a. Puberty
    b. Social rejection
    c. Family conflict
    d. Poverty

10. A ten-year-old child who apologizes to a peer after an argument but who cannot describe what the peer was feeling during the argument is demonstrating characteristics of the _____ stage of development.
    a. Sensorimotor
    b. Preoperational
    c. Concrete operational
    d. Formal operational

11. A child who is able to empathize with others and think abstractly is most likely in the _____ stage of development.
    a. Sensorimotor
    b. Preoperational
    c. Concrete operational
    d. Formal operational

12. Attachment in early childhood provides a foundation for:
    a. Physical development
    b. Self-development
    c. Cognitive development
    d. Emotional development

13. A child who demonstrates confidence in relationships with peers and adults demonstrates resilience in the _____ domain:
    a. Physical
    b. Psychosocial
    c. Cognitive
    d. Emotional

14. A first-grader reacts to frustration in school by pounding her fists on the desk. This is most likely an emotional expression the student learned from a:
    a. Parent
    b. Peer
    c. Teacher
    d. Counselor

15. A baby who is born to a mother over the age of 35 may be at increased risk of:
    a. Down syndrome
    b. Lead exposure
    c. Developmental delay
    d. Cortisol exposure

16. A child who feels positively about his social relationships but negatively about his academic accomplishments is demonstrating differences in _____ in these two areas.
    a. Self-esteem
    b. Self-concept
    c. Temperament
    d. Affect

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17. Temperamental dimensions include each of the following *except:*
    a. Sociability
    b. Positive affect
    c. Fear/inhibition
    d. Euphoria

18. A child who independently engages in drawing, coloring, or other creative activities is likely in Erikson's stage of:
    a. Trust versus mistrust
    b. Autonomy versus shame and doubt
    c. Initiative versus guilt
    d. Industry versus inferiority

19. In early childhood, mental health issues are most likely to be expressed through:
    a. Verbal expression
    b. Behavioral problems
    c. Poor peer relationships
    d. Poor parent-child relationships

20. A child whose temper tantrums increase during the first week of kindergarten is most likely reacting to:
    a. A traumatic experience
    b. A significant transition
    c. A poor parent-child relationship
    d. A conflict with peers

21. When working with young children, a counselor should do all of the following *except:*
    a. Attend to the child's basic needs during the session
    b. Integrate the family into counseling whenever possible
    c. Stand over the child to avoid joining the child on his/her level
    d. Allow children to take an active role in the counseling process

22. During middle childhood, children's growth becomes more:
    a. Predictable
    b. Consistent
    c. Variable
    d. Disorganized

23. The prefrontal lobe of the brain develops dramatically during:
    a. Early childhood
    b. Middle childhood
    c. Early Adolescence
    d. Later Adolescence

24. A young person who describes himself by stating, "I have red hair, blue eyes, and I like karate," is most likely in the stage of:
    a. Early childhood
    b. Middle childhood
    c. Early Adolescence
    d. Later Adolescence

25. Youth in middle childhood typically formulate a sense of self by:

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a. Taking on parents' likes and dislikes
b. Learning from media sources
c. Comparing themselves to peers
d. Avoiding activities enjoyed by siblings

26. Friendships in middle childhood:
    a. Involve supportive behaviors
    b. Are defined by self-interest
    c. Provide limited emotional support
    d. Are less important than early childhood friendships

27. Challenges that counselors may encounter with clients in middle childhood include each of the following *except:*
    a. Coping with transitions
    b. Managing independence
    c. Social skills
    d. Substance use

28. The ability to engage in goal-setting and planning in counseling for children in middle childhood is influenced by increasingly complex:
    a. Physical development
    b. Social development
    c. Cognitive development
    d. Emotional development

29. Behavioral concerns can be managed in middle childhood through the use of:
    a. Corporal punishment
    b. Deprivation of privileges
    c. Social isolation
    d. Shame and embarrassment

30. An adolescent you are working with reports that she was punished for skipping class last week. When asked about this behavior, she states, "I really didn't think I'd get caught." This is an example of adolescents' tendency to:
    a. Engage in oppositional behaviors
    b. Fail to foresee consequences
    c. Focus on self-interests
    d. Intentionally test limits

31. A client you are working with states that he is interested in becoming a teacher because both of his parents and all of his grandparents were also teachers. This is an example of:
    a. Identity foreclosure
    b. Identity diffusion
    c. Identity moratorium
    d. Identity achievement

32. Early adolescents are most likely to rely on their _____ when formulating values and beliefs.
    a. Parents
    b. Teachers
    c. Siblings
    d. Peers

33. During adolescence, clients and their families would most benefit from education on:

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a. Rules and consequences
b. Parental dynamics and sibling relationships
c. Sexuality and peer relationships
d. Homework and academic success

34. A desire to be unique typically emerges during:
    a. Early Childhood
    b. Middle childhood
    c. Early Adolescence
    d. Late Adolescence

35. A young person you are counseling describes that his mood swings have become more manageable but that he is worried that he doesn't stand out and doesn't stand for anything important. He also reports infrequent marijuana use. This young person is most likely in the stage of:
    a. Early childhood
    b. Middle childhood
    c. Early adolescence
    d. Late adolescence

Chapter Two: Systemically Informed Youth Counseling

1. When working with a young person, context may include all of the following *except:*
    a. Culture
    b. Development
    c. Gender
    d. Diagnoses

2. When considering cultural contexts for working with youth, counselors should:
    a. Assume that all clients from the same culture have similar values
    b. Explore how culture influences the client's beliefs related to help-seeking
    c. Avoid discussing culture unless the client introduces the topic first
    d. Minimize the influence of culture on a young person to increase resilience

3. Which of the following is an example of a microaggression?
    a. A counselor greets a young Caucasian client with a handshake
    b. A counselor attends a meeting at school with a Caucasian client's parents after obtaining written consent
    c. A counselor praises a young African American client for being articulate
    d. A counselor consults with an African American client's pastor after obtaining written consent

4. A strengths-based approach to counseling involves:
    a. Focusing on clients' strengths, previous successes, and resilience
    b. Relying on outside systems to promote client success and resilience
    c. Highlighting past failures to motivate the client the change
    d. Using reinforcers and punishments to promote client change

5. When working with a young client, a counselor encourages the client to set goals for the session and to select an assignment to complete for between-session homework. This counselor is building resilience by promoting:
    a. Social competence
    b. Problem solving

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Answer Key

Chapter One

1. C
2. D
3. A
4. D
5. B
6. D
7. A
8. C
9. A
10. C
11. D
12. B
13. B
14. A
15. A
16. B
17. D
18. C
19. B
20. B
21. C
22. C
23. B
24. B
25. C
26. A
27. D
28. C
29. B
30. B
31. A
32. D
33. C
34. D
35. D

Chapter Two

1. D
2. B
3. C
4. A
5. C
6. A
7. A
8. B
9. D
10. B
11. A
12. A

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