

Grand Quiz EDU304

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1. Teacher's play(s) a significant role in developing SEL.
 - a. **Enthusiasm and passion**
 - b. Willingness
 - c. Attitude
 - d. Behavior
2. Directive counseling works best with:
 - a. Mature clients
 - b. Mild/minor problems
 - c. **Less mature & intelligent students**
 - d. Less mature client
3. Educational guidance does not:
 - a. impose adjustment decisions
 - b. **cater to personal happiness & social usefulness**
 - c. help in discovering own potential
 - d. focus on individuals
4. Self-esteem levels at extreme high end of spectrum:
 - a. **Can be very damaging**
 - b. Brings about best achievements
 - c. Is very confusing
 - d. Is very rare
5. At which state someone needs guidance?
 - a. **Before making the choice**
 - b. After making the choice
 - c. At the time a choice is to be made
 - d. When a choice has been made
6. Development of morality & learning relies on:
 - a. **Emotions**
 - b. Instructions
 - c. Feelings
 - d. Cognition
7. Empathy plays a vital role in:
 - a. **Developing peaceful conflict resolution**
 - b. Academic achievements only
 - c. Dealing with domestic issues only
 - d. Social adjustment
8. There are levels of empathy.
 - a. 1
 - b. **2**
 - c. 3
 - d. 4
9. Actions are dependent on person's

- a. Attitude
 - b. Perceptions
 - c. Both
 - d. Behavior
10. Behavior which is not accepted in school setting is known as:
- a. Indiscipline
 - b. Discipline
 - c. Compliance
 - d. Submission
11. In Eclectic counseling the role of counselor is:
- a. Active
 - b. Passive
 - c. Both active & passive
 - d. Neither active nor passive
12. Solution focused theory puts main emphasis on:
- a. Past experiences
 - b. Problems
 - c. Future
 - d. Current problems
13. Rogers views therapy (counseling) as a:
- a. Useful resource for teachers only
 - b. Affective theory
 - c. Compulsory procedure
 - d. Learning method to be used by the teacher and curriculum worker
14. Emotional intelligence has more bearing on life and school outcomes than:
- a. Intrapersonal intelligence
 - b. Academic intelligence
 - c. Logical intelligence
 - d. Personal intelligence
15. Which type of guidance refers to give proper guidance to a person so that they spend their leisure time in a positive manner?
- a. Educational guidance
 - b. Personal guidance
 - c. Social guidance
 - d. Avocational guidance
16. Which of the following is not related to holistic health theory?
- a. Empathy
 - b. Feelings
 - c. Self-calibration
 - d. Unconditional positive regard
17. Students with underdeveloped social emotional skills are more likely to:
- a. Learn it later
 - b. Familiar with failure
 - c. Need assistance

- d. Meet with failure
18. SEL helps in resisting:
- a. Unpleasant situations
 - b. Unbalance between teaching and learning
 - c. Unnecessary commitments
 - d. Inappropriate social pressure
19. Guidance service must be:
- a. Standardized to ensure equality
 - b. Flexible to meet individual needs
 - c. Given to high school students
 - d. Centralized
20. Being considerate of another's feeling is:
- a. Empathy
 - b. Humbleness
 - c. Sympathy
 - d. Modesty
21. Strength based theory thinks that constructive or hopeful people:
- a. Fare better in almost all aspects of life
 - b. Fare better in few aspects of life
 - c. Do not fare better in life at all
 - d. Do fare better in life at all
22. To little self-esteem:
- a. Is easy to boost up
 - b. Is difficult to solve
 - c. Develops with time
 - d. Leaves people feeling defeated or depressed
23. Counselor accepts the students totally without disapproving of particular feeling, action or characteristics. Positivity must be given to the students.
- a. Congruence
 - b. Unconditional positive regards
 - c. Empathy
 - d. All of the above
24. Pro-social skills are abilities to effectively:
- a. Monitor child's behavior
 - b. Guide parents at home
 - c. Accommodate and cooperate with others
 - d. Counseling of students
25. Person's overall sense of self-worth or personal value is known as:
- a. Self esteem
 - b. Achievement
 - c. Belief
 - d. Evaluation
26. Client-centered theory is also known as.....
- a. Non-directive

- b. Rogerian theory
 - c. Both a & b
 - d. None of above
27. Which of the following is not related to counseling?
- a. Stress relief
 - b. Better relationship
 - c. National educational reforms
 - d. Emotional balance
28. According to humanists, affective personal development of students relies on:
- a. Permissive style of teaching
 - b. Humanized teacher-pupil relationship
 - c. Parent teacher coordination only
 - d. Student teacher relationship
29. theory posits that the settings youth inhabit, like school, shape their development.
- a. Ecological systems
 - b. Self-determination
 - c. Strength based
 - d. Solution focused
30. Guidance works best if:
- a. Sought after a considerable time
 - b. Students stay away from the decision making process
 - c. Pursued continuously
 - d. Sought before a considerable time

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The end

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