

Human Growth & Development

Counseling Exam Practice Questions

The following questions are intended to help you while you prepare for the NCE, CPCE, CECE, NCMHCE, or other counseling exams. Review the questions, choose the best answer, and then review the correct responses on the last page.

Question 1

Jean Piaget's theory had how many stages?

- A) Four
- B) Five
- C) Eight
- D) Ten

Question 2

What is the first stage of Freud's psychosexual theory of development?

- A) Oral
- B) Anal
- C) Phallic
- D) Genital

Question 3

The superego is best described with which term?

- A) Moral
- B) Ideal
- C) Conscience
- D) All of the above

Additional questions on the following page.

Question 4

Freud's developmental theory is best described as...

- A) Psychosocial
- B) Psychodynamic
- C) Psychosexual
- D) Psychosymbolic

Question 5

If someone sees things as only good or bad, they are engaging in what?

- A) Extremism
- B) Dualistic thinking
- C) Critical thinking
- D) Relativistic thinking

Question 6

What type of process occurs in psychodynamic theories?

- A) Irrational
- B) Logical
- C) Unconscious
- D) Conscious

Question 7

Which person had a theory that emphasizes the influence of instincts?

- A) Erikson
- B) Freud
- C) Perry
- D) Lazarus

Additional questions on the following page.

Question 8

Which theory is most heavily influenced by the ego?

- A) Psychosexual
- B) Psychological
- C) Psychodramatic
- D) Psychosocial

Question 9

What is the second stage of Freud's psychosexual theory of development?

- A) Phallic
- B) Oral
- C) Latency
- D) Anal

Question 10

What is an idiographic approach?

- A) A theory that applies to a group
- B) A theory that applies to one person
- C) A theory that applies to a family
- D) All of the above

Answers on the following page.

Answer Key

The following are the answers to the questions on previous pages.

Question 1: A

Question 2: A

Question 3: D

Question 4: C

Question 5: B

Question 6: C

Question 7: B

Question 8: D

Question 9: D

Question 10: B

Want to learn more?

Check out the YouTube video that goes with this PDF. On that video, you'll learn more about what makes each of the correct answers the right one, as well as why the others aren't the best answers.



Find Psych with Keegan on YouTube
at www.youtube.com/@PsychwithKeegan

PSYCHwithKEEGAN

Find Psych with Keegan online
at www.psychwithkeegan.com

References available on the Psych with Keegan website.