

Class No.:



# Divine Light Academy

Midterm Examination

## ***Discipline and Ideas in Applied Social Sciences 12***

First Semester A.Y. 2018-2019

Name: \_\_\_\_\_ Score: \_\_\_\_\_/100

Section: \_\_\_\_\_ Date: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

**I. Directions: In each of the following numbered items, write the letter before each number that corresponds to each sentence.**

1. It is a study that has a major concern about application of the knowledge to help solve problems through the study of culture. **D**
  - a. Geography
  - b. History
  - c. Economics
  - d. Anthropology
2. It studies the allocation of scarce resources and the production and exchange of goods and services in society. **C**
  - a. Geography
  - b. History
  - c. Economics
  - d. Anthropology
3. It is the study of the interaction between people and their environments. **A**
  - a. Geography
  - b. History
  - c. Economics
  - d. Anthropology
4. It primarily studies human behavior in relation to political systems, government, laws, and international relations. **B**
  - a. Anthropology
  - b. Political Science
  - c. Psychology
  - d. History
5. It studies how the human mind works in consonance with the body to produce thoughts that lead to individual actions. **D**
  - a. Economics
  - b. Anthropology
  - c. Demography
  - d. Psychology
6. It is a systematic study of human past events to understand the meaning, dynamics, and relationship of the causes and effects of events in the development of societies. **D**
  - a. Anthropology
  - b. Political Science
  - c. Psychology
  - d. History

7. It is a scientific study of human populations across time. **C**
- Geography
  - Sociology
  - Demography
  - Political Science
8. It aims that the different fields of the social sciences must effectively work together in addressing issues using multi-disciplinary approach. **A**
- Applied Social Science
  - Social Science
  - Science
  - Psychology
9. The application of mental health, psychological or human development principles, through cognitive, affective, behavioural or systemic interventions, strategies that address wellness, personal growth, o career development, as well as pathology. **C**
- Psychology
  - Psychiatry
  - Counselling
  - Behavioral Science
10. It is a systematic study of people's behavior in groups. **A**
- Sociology
  - Political Science
  - Psychology
  - History
11. It is one of the goals of counselling that aims to help the client to avoid undesirable outcomes. **C**
- Developmental Goals
  - Enhancement Goals
  - Preventive Goals
  - Remedial Goals
12. It is one of the goals of counselling that aims to assist a client to overcome and treat an undesirable development. **D**
- Developmental Goals
  - Exploratory Goals
  - Preventive Goals
  - Remedial Goals
13. It is one of the counseling goals that aims to examine options, testing skills, trying new and different activities, etc. **B**
- Enhancement Goals
  - Exploratory Goals
  - Reinforcement Goals
  - Remedial Goals
14. It is one of the counseling goals that aims to help the clients with human growth and development including social, personal, emotional, cognitive and physical wellness. **A**
- Developmental Goals
  - Exploratory Goals
  - Preventive Goals
  - Remedial Goals

15. It is one of the counseling goals that aims to help the client in recognizing what they are doing, thinking and feeling is fine. **C**
- Enhancement Goals
  - Exploratory Goals
  - Reinforcement Goals
  - Remedial Goals
16. It involves inquiring the foundation of learning cognitive skills. **A**
- Cognitive Goals
  - Exploratory Goals
  - Reinforcement Goals
  - Remedial Goals
17. It is an ethical principle wherein it shares the presence of loyalty, reliability, dependability and action in good faith. **B**
- Autonomy
  - Fidelity
  - Justice
  - Nonmaleficence
18. It is an ethical principle wherein it is concerned with the fair distribution of resources and services, unless there is some acceptable reason for treating them differently. **C**
- Autonomy
  - Fidelity
  - Justice
  - Nonmaleficence
19. It is an ethical principle wherein it refers to instruction to all helpers or healers that they must, above all, do no harm. **D**
- Autonomy
  - Fidelity
  - Justice
  - Nonmaleficence
20. It is the organization who created the Code of Ethics for Counselors and The Counseling Profession in the Philippines. **B**
- Philippine Regulation Commission
  - Philippine Guidance and Counselling Association
  - Philippine Psychology Alliance
  - Philippine Psychiatric Association

**II. Directions: In each of the following sentence, write in each blank the appropriate answer.**

- It is a feeling of unease, such as worry or fear that can be mild or severe. This kind of psychological problem is called **ANXIETY**.
- It is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. This psychological problem is called **MAJOR DEPRESSIVE DISORDER**
- It influenced the way we perceived or view things, people, events, and our environment. It is called **VALUES**.
- They pointed out that it is essential that the counsellors comprehend the values of their clients to accompany them appropriately. They are **GIBSON** and **MITCHELL**

5. It sets as a standard that shape the members' behavior in their interaction with their clients and other people. It is called **SCOPE OF COUNSELING.**
6. They identified the set of personal qualities that all counseling practitioners should possess: empathy, sincerity, integrity, resilience, respect, humility, competence, fairness, wisdom and courage. It is from **BACP ETHICAL FRAMEWORK.**
7. He identified the seven distinct competence areas of counselors. He is **MCLEOD 2003.**
8. They are usually the victims of harassment, violence, discrimination, and isolation. They are **GAY MEN AND LESBIAN WOMEN OR LGBT.**
9. It is seen as a disease and they find it difficult to stop drinking on their own. They are **THE PEOPLE WHO ABUSE ALCOHOL.**
10. They provide counselling service that is usually located under the student affairs program. It is under the supervision of the dean of student affairs. They are **THE COUNSELLORS IN SCHOOLS.**
11. Counsellors can be found in the community and mental health agencies, employment and rehabilitation agencies, correctional setting, and family practice. They are **THE COUNSELLORS IN COMMUNITY SETTING.**
12. This setting refers to counsellors who decided to do fulltime work as private practitioners or engage in part time private practice while employed by community agencies. They are **THE COUNSELLORS IN THE PRIVATE SECTOR.**
13. A government institution called National Center for Mental Health is located at **QUEZON CITY.**
14. A competency that views counselors must have no irrational beliefs that are destructive to counseling relationships. This competency is called **PERSONAL SOUNDNESS.**
15. A process of helping a client through a third party or helping system improve its services to its clientele. This role and function is called **CONSULTATION.**
16. It helps the client find needed expert assistance that the referring counselor cannot provide. This role and function is called **REFERRAL**
17. He created the different area of specialization in counseling. He is **NYSTUL.**

18. A service of school counseling programs with emphasis on educational placements in course and programs. This role and function is called **PLACEMENT AND FOLLOW-UP**
19. It is considered as the core activity through which other activities become meaningful. This role and function is called **INDIVIDUAL ASSESSMENT**
20. It is the means of assessing the effectiveness of counselors' activities. This role and function is called **EVALUATION.**

**III. Directions: In each of the following sentences, write the letter in the space before the number.**

- A. If the two statements are both **TRUE**.
- B. If the first statement is **TRUE** and the second statement is **FALSE**.
- C. If the two statements are both **FALSE**.
- D. If the first statement is **FALSE** and the second statement is **TRUE**

1. Interpersonal skills are apparent when counselors are competent to display ability to listen, communicate; empathize; be present; aware of non-verbal communication; sensitive to voice quality; responsive to expressions of emotions; turn taking; structures of time; and use of language. **A**

Personal Beliefs and Attitudes under seven competencies of counselors says that counselors have the capacity to accept others, belief in potential of change, awareness of ethical and moral choices and sensitive to values held by client and self.

2. Conceptual Ability as a competency says that counselors may or may not have the ability to understand and assess the client's problems; to anticipate future problems. **D**

Accountability is an outgrown demand that schools and other tax-supported institutions be held accountable for their actions under the role and functions of the counselors.

3. The mastery of techniques under seven of competencies articulates that counselors must have a knowledge of when and how to carry out specific interventions. **B**

Ability to understand and work within social system aims the counselors to have the capacity to be curious about clients' backgrounds and problems; being open to new knowledge.

4. Openness to learning and inquiry would compromise awareness of family and work relationships of the client. **D**

Counselors must have no irrational beliefs that are destructive to counseling relationships.

5. Marriage and Family Counselling focus on helping couples and families discover options and opportunities for effective family living. **A**

Group counseling as a practice can be located in most counseling programs and becomes an essential part of the counselor's system.

6. Child and Adolescent Counseling aids individuals on decisions and planning concerning their career. **C**

Career counseling focus on counseling strategies is to acquire coping skills through promotion of resiliency, positive attachment relationship, and emotional and intellectual intelligence.

7. School counseling refers to the process of reaching out to students with concerns on drugs, family and peers, or gang involvement. **A**

Mental health counseling is manifested in the challenges posed by its clientele with mental disorders

8. Sigmund Freud believed that mental illness is a result of nurture, not nature. **A**

Human motivation explains the reasons why people behave the way they do according to Psychoanalysis of Freud.

9. Ego is unconscious part of the mind that acts as our conscience. Reminds us of what we should do. **B**

Super Ego decides what action to take for positive means and what to do based on what is believed is the right thing to do.

10. The ID and the SUPEREGO are in constant conflict. **A**

If you don't resolve this conflict between the ID and the EGO, you may experience unhappiness or mental distress.

11. Psychologically unhealthy individuals strive for personal superiority, whereas psychologically healthy people seek success for all humanity according to Individual Psychology. **A**

Psychologically healthy people are aware of themselves

12. Fictional final goal guides our style of life, gives unity to our own personality. **A**

People are motivated not by what is true but by their subjective perceptions of what is true

13. Functions are the ways of perceiving the environment according to Jung's analytical psychology. **C**

Attitudes are ways of orienting experiences.

14. Goal of psychotherapy of Carl Jung's Analytical psychology is to reconcile unbalanced aspects of personality. **A**

Therapy involved a number of different methods like dream analysis, session between client and counselor, and other types of psychological assessment.

15. People are capable of becoming self-regulating beings who can achieve a sense of unity and integration in their lives based on the nature of people under Gestalt Therapy. **A**

Gestalt Therapy believes that awareness alone can be curative

16. Roger's approach assumes that clients can be trusted to select their own therapists, to choose the frequency and length of their therapy, to talk or to be silent, to decide what

needs to be explored, to achieve their own insights, and to be the architects of their own lives. **A**

He believed that children would develop a good sense of their own self-worth or self-regard if others (parents, teachers, or friends) treated them as valuable and worthy.

17. Fully functioning person is about receiving praise, attention, or approval from others because of behaving in accordance with the expectations of others.

Conditional positive regard is a type a person who meets his or her own need for positive regard rather than relying on the expectations of others. Such individuals are open to new experiences and not defensive.

18. The product of the social interest; that is, people's ability to freely shape their behavior and create their own personality. **D**

Final goal is set by the time children reach 4 or 5 years of age.

19. Social interest is based on an innate disposition, but it must be nurtured to survive. **A**

It is a sense of caring for family, for community, for society, for humanity, and even for life

20. Style of life includes a person's goal, self-concept, feelings for others, and attitude toward the world. **B**

The individual's style of life is established by age 6 to 10.

**IV. Directions: Analyze the table as it aims to do a comparative summary of counseling theories and methods. Fill out the required Information in the table below.**

**A. Psychological Theories (2 points each)**

<b>THEORIES</b>	<b>FOUNDER/ THEORISTS (Note: Complete Name)</b>	<b>METHODS (Note: Give two methods if the theories have 2 or more therapies or approach)</b>
<b>1. <u>Psychoanalytic Theory</u></b>	Sigmund Freud	<b>5.</b>
Individual Psychology	Alfred Adler	<b>6.</b>
Analytical Psychology	Carl Jung	<b>7.</b>
Person Centered Counselling	<b>2. <u>Carl Rogers</u></b>	<b>8.</b>
Gestalt Theory	<b>3. <u>Fritz Perls</u></b>	<b>9.</b>
Rational Emotive Behavior Therapy.	<b>4. <u>Albert Ellis</u></b>	<b>10.</b>

**B. The five layers of neurosis (counseling stages)- Gestalt Therapy (2 points each)**

<b>Layers of Neurosis</b>	<b>Essence</b>
<b>Phony Layer</b>	<b>1. <i>Trying to be what they are not</i></b>
<b>Phobic Layer</b>	<b>2. <i>Aware of the fears that force the Phony game</i></b>
<b>Impasse Layer</b>	<b>3. <i>Shed environmental supports of their game without a better way to cope with fears and dislikes</i></b>
<b>Implosive Layer</b>	<b>4. <i>Aware of how they limit themselves and begin to experiment with new behaviors</i></b>
<b>Explosive Layer</b>	<b>5. <i>Discover unused energy tied up maintaining a phony existence</i></b>