

Quiz Grade: 85.0% (A)

Quiz Submission

Counseling Skills

Student Name: Abdullahi Ibrahim
Student ID: UM95794IN105016
Study Program: International Relations and Diplomacy
Quiz ID: 263c9c15-21ef-4af3-b16d-cf23b7f89b25
Submission Date: August 03, 2026 at 2:15 AM
Total Questions: 10

Course Information

Course Title: Counseling Skills
Course Code: CSK 217
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

Which of the following is NOT a key component of effective counseling skills?

Available Options:

(A) Empathy

(B) Active listening

(C) Judgment ← STUDENT SELECTED ← CORRECT ANSWER

(D) Reflection

Student's Answer: Option C: Judgment

Correct Answer: Option C: Judgment

Question 2 of 10

Text Answer Question

What is the main goal of counseling?

Student's Answer:

The main goal of counseling is to help individuals understand themselves, overcome challenges, make informed decisions, and achieve personal growth and improved well-being.

Correct Answer:

To help individuals improve their mental health and well-being.

Question 3 of 10

Multiple Choice Question

Which of the following is NOT a characteristic of a competent counselor?

Available Options:

- (A) Cultural competence
- (B) Open-mindedness
- (C) Self-awareness

(D) Providing advice ← STUDENT SELECTED ← CORRECT ANSWER

Student's Answer: Option D: Providing advice

Correct Answer: Option D: Providing advice

Question 4 of 10

Text Answer Question

What is the most effective way to establish trust and rapport with a client?

Student's Answer:

The most effective way to establish trust and rapport with a client is through active listening, empathy, respect, and maintaining confidentiality, so the client feels safe, understood, and comfortable sharing their concerns.

Correct Answer:

Active listening and empathy

Question 5 of 10

Multiple Choice Question

Which of the following is NOT a type of counseling technique?

Available Options:

- (A) Cognitive-behavioral therapy
- (B) Art therapy

(C) Time management ← STUDENT SELECTED ← CORRECT ANSWER

(D) Group therapy

Student's Answer: Option C: Time management

Correct Answer: Option C: Time management

Question 6 of 10

Text Answer Question

What is the primary focus of solution-focused therapy?

Student's Answer:

The primary focus of solution-focused therapy is to help clients identify their strengths and develop practical solutions to achieve their goals, rather than focusing on past problems.

Correct Answer:

Identifying and achieving solutions to current problems

Question 7 of 10

Multiple Choice Question

Which of the following is NOT a common ethical issue in counseling?

Available Options:

- (A) Dual relationships
- (B) Client confidentiality

(C) Providing medication ← STUDENT SELECTED ← CORRECT ANSWER

(D) Cultural competence

Student's Answer: Option C: Providing medication

Correct Answer: Option C: Providing medication

Question 8 of 10

Text Answer Question

What is the importance of self-care for counselors?

Student's Answer:

Self-care is important for counselors because it prevents burnout, supports their physical and emotional well-being, and enables them to provide effective, ethical, and professional counseling services.

Correct Answer:

To prevent burnout and maintain personal well-being

Question 9 of 10

Multiple Choice Question

Which of the following is NOT an effective communication skill for counselors?

Available Options:

(A) Active listening

(B) Providing advice ← STUDENT SELECTED ← CORRECT ANSWER

(C) Asking open-ended questions

(D) Reflecting

Student's Answer: Option B: Providing advice

Correct Answer: Option B: Providing advice

Question 10 of 10

Text Answer Question

What is the recommended way to handle a client's resistance in counseling?

Student's Answer:

A counselor should handle a client's resistance by responding with empathy, active listening, and patience, while exploring the reasons for the resistance and working collaboratively to build trust and encourage positive change.

Correct Answer:

Acknowledge their feelings and explore the root of their resistance.

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Generated on August 03, 2026 at 2:15 AM