

Quiz Grade: 50.0% (B)

Quiz Submission

Counseling Skills

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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

What is the main objective of the course Counseling Skills?

Available Options:

(A) To develop effective communication skills ← CORRECT ANSWER

(B) To learn counseling theories ← STUDENT SELECTED

(C) To understand psychological disorders

(D) To assess and diagnose clients

Student's Answer: Option B: To learn counseling theories

Correct Answer: Option A: To develop effective communication skills

Question 2 of 10

Multiple Choice Question

Which of the following is not a key aspect of counseling skills?

Available Options:

(A) Active listening

(B) Empathy

(C) Problem-solving

(D) Interruption ← STUDENT SELECTED ← CORRECT ANSWER

Student's Answer: Option D: Interruption

Correct Answer: Option D: Interruption

Question 3 of 10

Text Answer Question

What is the definition of counseling?

Student's Answer:

Counseling is an interaction between a client and therapist with the primary aim of providing direction or advice through a course of identified actions to achieve desired result.

Correct Answer:

Counseling is a process of helping individuals to understand and overcome personal, social, or psychological problems through therapeutic conversation.

Question 4 of 10

Multiple Choice Question

Which of the following is a common counseling technique used to help clients explore their thoughts and feelings?

Available Options:

(A) Active listening ← STUDENT SELECTED

(B) Reflection ← CORRECT ANSWER

(C) Problem-solving

(D) Interpretation

Student's Answer: Option A: Active listening

Correct Answer: Option B: Reflection

Question 5 of 10

Text Answer Question

What is the purpose of setting goals in counseling?

Student's Answer:

Goals are set by a counselor to target client specific problems, and followed-up to achieve expected results.

Correct Answer:

The purpose of setting goals in counseling is to help clients identify and work towards achieving their desired outcomes and improve their overall well-being.

Question 6 of 10

Multiple Choice Question

Which of the following is a key ethical principle in counseling?

Available Options:

(A) Confidentiality ← STUDENT SELECTED ← CORRECT ANSWER

(B) Dual relationships

(C) Self-disclosure

(D) Boundary crossing

Student's Answer: Option A: Confidentiality

Correct Answer: Option A: Confidentiality

Question 7 of 10

Text Answer Question

What is the difference between empathy and sympathy?

Student's Answer:

Empathy is when you enter into client feelings while sympathy is sharing the feelings of a patient

Correct Answer:

Empathy is the ability to understand and share the feelings of another person, while sympathy is feeling compassion or sorrow for someone else's situation.

Question 8 of 10

Multiple Choice Question

Which of the following is a common technique used in cognitive-behavioral therapy (CBT)?

Available Options:

(A) Psychodynamic interpretation ← STUDENT SELECTED

(B) Role-playing ← CORRECT ANSWER

(C) Emotional release

(D) Exposure therapy

Student's Answer: Option A: Psychodynamic interpretation

Correct Answer: Option B: Role-playing

Question 9 of 10

Text Answer Question

What is the importance of cultural competence in counseling?

Student's Answer:

Cultural competence fosters effective cross-cultural interaction during counseling interventions and examinations especially in psychosynthesis. It is very critical in healthcare system in that it enables individual core values to be well understood

Correct Answer:

Cultural competence is important in counseling to ensure that counselors are aware of and sensitive to the cultural backgrounds and values of their clients, and to provide effective and inclusive services.

Question 10 of 10

Multiple Choice Question

Which of the following is not a common barrier to effective communication in counseling?

Available Options:

(A) Defensiveness

(B) Non-verbal cues

(C) Empathy ← STUDENT SELECTED ← CORRECT ANSWER

(D) Language barriers

Student's Answer: Option C: Empathy

Correct Answer: Option C: Empathy

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