

4. Cultural identities of clients should be acknowledged in counseling because client cultural identities
 - a. may differ from the counselor's cultural identity.
 - b. affect client experiences in counseling.
 - c. Both a and b.
 - d. None of the above.
5. The human experience of culture is mediated by
 - a. biological events.
 - b. historical events.
 - c. political events.
 - d. All of the above.
6. Ethnocentrism is a danger to the counseling profession because
 - a. counselors may project their values onto clients.
 - b. counselors may ignore how the client's cultural values and beliefs may influence the client.
 - c. there may be a disconnect between the counselor's practicing theory and the client's worldview.
 - d. All of the above.
7. Cooperation, "saving face," and interdependence are examples of
 - a. collectivistic values.
 - b. individualistic values.
 - c. ethnocentric values.
 - d. worldview.
8. Those people born during the Baby Boomer generation were born between the years of
 - a. 1901 – 1924.
 - b. 1925 – 1942.
 - c. 1943 – 1960.
 - d. 1961 – 1981.
9. Socioeconomic status (SES) is defined by
 - a. household income.
 - b. education level.
 - c. access to health care.
 - d. All of the above.
10. _____ disabilities represent the majority of disabilities.
 - a. Mental
 - b. Physical
 - c. Spiritual
 - d. None of the above.

11. Professional counselors who engage in advocacy efforts assume that there is a(n)
- common goal for advocacy among other professionals.
 - power differential among U.S. individuals.
 - unconscious and unearned power among all cultural groups.
 - All of the above.
12. One way to deepen the level of understanding shared by a counselor and client is to use
- sympathy.
 - metaphors.
 - projection.
 - kinesics.
13. _____ is NOT one of the hierarchical social relationship categories.
- Individualistic
 - Lineal-hierarchical
 - Collateral-individual
 - Collateral-mutual
14. _____ may result when counselors cannot convey understanding to culturally and linguistically different clients.
- Frustration
 - Invalidation
 - Both of the above.
 - None of the above.
15. It is imperative that professional counselors interpret client presentation based on
- norms from within the client's culture.
 - norms from within the majority culture.
 - what the professional counselor has researched about the client's culture.
 - All of the above.
16. In order to increase open communication, counselors should consistently
- take notes throughout sessions.
 - check with clients to ensure they are accurately interpreting and understanding clients' messages.
 - write a synopsis of the session and ask the client to read it before the next session.
 - record counseling sessions with the consent of the client.
17. As counselors work with clients who experience daily prejudice and discrimination, it is important that counselors examine
- clients' emotions associated with these experiences.
 - clients' environmental stressors associated with stereotyping.
 - their own prejudices.
 - All of the above.

18. Biculturalism is a part of the _____ model of acculturation.
- separation
 - marginalization
 - assimilation
 - integration
19. _____ is a stressor that occurs across cultural identities.
- Violence
 - Trauma
 - Both of the above.
 - None of the above.
20. Developing multicultural counseling competency involves a
- psychodynamic approach.
 - existential approach.
 - systems approach.
 - behavioral approach.
21. Increased levels of counselor awareness and knowledge of oppression has led to a(n)
- focus on social justice and advocacy.
 - decrease in minority groups attending counseling.
 - focus on more effectively treating clients of the dominant group.
 - All of the above.
22. When working with culturally diverse clients, it is essential to remember that there are more _____ differences than _____ differences.
- between-group; within-group
 - within-group; between-group
 - general; universal
 - specific; universal
23. There is evidence that counselors may _____ culturally diverse clients due to prejudice.
- misdiagnose
 - underdiagnose
 - overdiagnose
 - All of the above.
24. A factor that might cause diverse clients to avoid counseling is
- inaccessibility of services.
 - misdiagnosis.
 - mistrust of the counseling profession.
 - All of the above.

25. When considering both racial and ethnic minority group membership, which group represents the fastest growing population?
- a. Blacks/African Americans
 - b. Hispanic/Latin Americans
 - c. Asian Americans
 - d. Both b and c.
26. The largest number of foreign-born individuals originate from
- a. Latin America.
 - b. Europe.
 - c. Asia.
 - d. Africa.
27. The group with the highest median income is
- a. Hispanic/Latin Americans.
 - b. Whites.
 - c. Asian Americans.
 - d. Blacks/African Americans.
28. “Those living in poverty” is an example of _____ culture.
- a. universal
 - b. group
 - c. individual
 - d. None of the above.
29. Self-disclosure is an example of
- a. individualism.
 - b. collectivism.
 - c. universal culture.
 - d. group culture.
30. “I am in charge of creating success for myself” is an example of the _____ worldview.
- a. internal locus of responsibility
 - b. internal locus of control
 - c. external locus of responsibility
 - d. external locus of control
31. “I believe what happens to me is based on my own doings” is an example of the _____ worldview.

- a. internal locus of responsibility
 - b. internal locus of control
 - c. external locus of responsibility
 - d. external locus of control
32. _____ is NOT an example of nonverbal communication.
- a. Paralanguage
 - b. Kinesics
 - c. Proxemics
 - d. Metaphor
33. Clients of diverse backgrounds may seek counseling because
- a. other services are inaccessible to them.
 - b. counselors focus on within-group differences.
 - c. there is social acceptance of counseling.
 - d. None of the above.
34. Counselors engaging in community experiences to better understand a client of a cultural identity different from their own is an example of the _____ aspect of multicultural counseling competency.
- a. attitudes and beliefs
 - b. knowledge
 - c. skills
 - d. advocacy
35. _____ refers to changes in behavior, cognitions, values, language, cultural activities, personal relational styles, and beliefs as a cultural minority group encounters the dominant culture.
- a. Cultural encapsulation
 - b. Acculturation
 - c. Enculturation
 - d. Cultural identity
36. _____ culture refers to commonalities shared by all cultures and humankind.
- a. Group
 - b. Individual
 - c. Universal
 - d. Collectivist
37. The intrapersonal and interpersonal process in which individuals engage to build a clearer and more complex cultural identity is known as _____.
- a. acculturation.