

考 試 科 目	輔導與諮商	系 所 別	輔導與諮商碩士學位學程	考 試 時 間	2 月 4 日(Ⅶ) 第 2 節
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一、請說明在中小學工作的諮商心理師與輔導教師在以下各方面的異同:

(1)工作內容與方式、(2)服務對象、(3)工作所依據的核心或重要知識範疇、(4) 工作所依據的主要法規。  
(30%)

二、1979 年，卡巴金博士(Jon Kabat-Zinn)首度結合西方科學研究與東方禪修傳統，提出正念減壓法(Mindfulness-Based Stress Reduction, MBSR)。後續學者發展出相關的正念取向心理治療，如正念認知治療 (Mindfulness-Based Cognitive Therapy, MBCT)、辯證行為治療 (Dialectical Behavior Therapy)、接納與承諾治療 (Acceptance and Commitment Therapy) …等，請分別說明正念取向心理治療的:(1)主要核心概念、(2)與認知行為治療的主要差異、(3)與東方文化的禪修的主要差異。(30%)

三、解釋名詞(20%)

- 1.mandatory ethics
- 2.existential anxiety
- 3.polarized thinking
- 4.shame-attacking exercise
- 5.circular questioning

四、請依以下個案與諮商員的對話內容，依據所給的 5 種諮商技巧，在諮商員處寫出你認為此處適合作出 5 種中哪一種諮商技巧的回應內容，並說明是屬於何種技巧。可重複寫同一技巧，但整題須包含至少 3 種不同諮商技巧內容。(20%)

- 1.澄清
- 2.同理心反應
- 3.性反應
- 4.問開放性問題
- 5.摘要

Cl1:我們(夫妻)最近常常為了一些小事，就開始吵架，讓我覺的很煩，壓力很大，不知道要怎麼辦(嘆氣)。

Co1:(請寫出前述其中一種諮商技巧的回應內容)

Cl2:昨天晚上，我只是上網看一些新聞，她就一直問，我在找工作嗎？不找工作，也可以去找朋友聚會啊！不要一直待在家裡啊！但那天已經晚上了，要我怎麼辦？就覺得她很煩，她以前不是這樣的。

Co2:(請寫出前述其中一種諮商技巧的回應內容)

Cl3:我什麼話都沒說，就是看我的手機，她就越來越大聲，一直說，我們的存款沒那麼多，小孩上學都要錢，叫我要負起責任，不要只顧自己的感受。我已經很忍耐了，如果我只管自己感受，我早就出去不會

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<p>還在家聽她抱怨!</p> <p>Co3: (請寫出前述其中一種諮商技巧的回應內容)</p> <p>Cl4: 我不負責任嗎? 老師，你也是女生，你們女生覺得男人失業找不到工作都是我的問題嗎? 家裡錢不夠，難道她沒有責任嗎? 她也可以去賺錢去找工作啊!</p> <p>Co4: (請寫出前述其中一種諮商技巧的回應內容)</p>					
備	註	一、作答於試題上者，不予計分。 二、試題請隨卷繳交。			

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一、選擇題（每題 3 分，共 75 分）： 選擇題請在答案卡上作答，否則不予計分。

- Your new neighbor is a college professor. Your beliefs that she is serious, hardworking and humorless are part of your \_\_\_\_\_ concerning professors.
  - self-perception
  - pallid information
  - schema
  - Rationalization
- When our overall impression is most affected by the first information we receive, we are showing the
  - recency effect.
  - primacy effect.
  - stereotypes.
  - perceptual shuttering.
- According to the \_\_\_\_\_ perspective, if you are primed with words like "strong," "powerful," "mighty," "brawny", you would be more likely to lift a heavy object than without the priming.
  - misattribution
  - ideomotor
  - attribution error
  - illusory correlation
- Everyone in your Anthropology course performed very poorly on a recent exam. If your instructor makes the fundamental attribution error she would infer that the students performed poorly because
  - too many midterm exams were being given in other classes that week.
  - the students were not very bright and were also unwilling to study.
  - the test had too many picky items.
  - the students were not given enough time to finish the test.
- John strongly believes that pollution is bad and is dangerous to the environment. Karl strongly supports recycling and drives a small low-emission car to work. Who would be more likely to show activist behavior against pollution?
  - John
  - Karl
  - neither
  - It is impossible to predict without more information.

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- 作答於試題上者，不予計分。
- 試題請隨卷繳交。

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<p>6. Several social scientists have attempted to distinguish different kinds of love. One of the most widely accepted distinctions is between _____ love and _____ love.</p> <p>a. romantic; brother/sisterly                      c. passionate; platonic b. consummate; platonic                              d. passionate; companionate</p> <p>7. Social facilitation effects in humans are due, in part, to</p> <p>a. the mere presence of others.                      c. audience effects. b. concern about being evaluated.                      d. coercion.</p> <p>8. Deindividuation is</p> <p>a. the feeling that one has lost one's personal identity and merged into the crowd. b. breakdown of respect for the needs and rights of others. c. a byproduct of certain types of brain damage involving the frontal lobes. d. a symptom of mental illness.</p> <p>9. Solomon Asch's studies were specifically designed to study the</p> <p>a. amount of private opinion change that would be produced by group pressure to conform. b. factors that would cause subjects to rebel against group pressure. c. differences between conformity to a group and obedience to an authority figure. d. amount of public conformity that would be produced pressure to conform.</p> <p>10. In the classic study by Milgram in which subjects were asked to administer increasingly strong electric shocks to a "learner,"</p> <p>a. most subjects administered even the strongest shocks. b. most subjects refused to administer strong shocks once the "learner" began to protest. c. women wearing nurse's uniforms were least likely to administer shocks. d. subjects were most likely to administer shocks when the experimenter left the room.</p>					
備註	<p>一、作答於試題上者，不予計分。 二、試題請隨卷繳交。</p>				

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<p>11. Cognitive dissonance is</p> <ol style="list-style-type: none"> <li>a uneasiness when a person makes a bad impression on an examiner.</li> <li>discomfort from inconsistency between attitudes and behaviors.</li> <li>another name for guilt from performing an act the society considers immoral.</li> <li>the ambivalence experienced when faced with two competing, equally attractive alternatives.</li> </ol> <p>12. Selye described set of physiological responses that is displayed by all organisms in response to stress called the</p> <ol style="list-style-type: none"> <li>general adaptation syndrome.</li> <li>global adjustment syndrome.</li> <li>sympathetic arousal index.</li> <li>pituitary-adrenal stress configuration.</li> </ol> <p>13. People are more likely to show a helpless, depressed response to negative events if their attributions are</p> <ol style="list-style-type: none"> <li>external, stable, and global.</li> <li>external, unstable, and global.</li> <li>internal, stable, and global.</li> <li>internal, unstable, and specific.</li> </ol> <p>14. ____ is the process by which a person attempts to manage stressful demands.</p> <ol style="list-style-type: none"> <li>Cognitive appraisal</li> <li>Coping</li> <li>The general adaptation syndrome</li> <li>Objective anxiety</li> </ol> <p>15. Openness to experience, ____ extroversion, ____ and neuroticism are currently considered to be the five major personality factors.</p> <ol style="list-style-type: none"> <li>submissiveness; stability</li> <li>instability; dominance</li> <li>conscientiousness; agreeableness</li> <li>introversion; stability</li> </ol> <p>16. Who played a major role in extending and clarifying Freud's theory about the mechanisms of defense and in applying psychoanalytic theory to the practice of child psychiatry?</p> <ol style="list-style-type: none"> <li>Carl Jung</li> <li>Erik Erikson</li> <li>Anna Freud</li> <li>Benjamin Spock</li> </ol>					
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