

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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還在家聽她抱怨!

Co3: (請寫出前述其中一種諮商技巧的回應內容)

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!

Co4: (請寫出前述其中一種諮商技巧的回應內容)



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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<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"> a uneasiness when a person makes a bad impression on an examiner. discomfort from inconsistency between attitudes and behaviors. another name for guilt from performing an act the society considers immoral. the ambivalence experienced when faced with two competing, equally attractive alternatives. <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"> general adaptation syndrome. global adjustment syndrome. sympathetic arousal index. pituitary-adrenal stress configuration. <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"> external, stable, and global. external, unstable, and global. internal, stable, and global. internal, unstable, and specific. <p>14. ____ is the process by which a person attempts to manage stressful demands.</p> <ol style="list-style-type: none"> Cognitive appraisal Coping The general adaptation syndrome Objective anxiety <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"> submissiveness; stability instability; dominance conscientiousness; agreeableness introversion; stability <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"> Carl Jung Erik Erikson Anna Freud Benjamin Spock 					
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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17. _____ is emphasized in current psychoanalytic theories.
- a. Libido c. Motivation
b. Unconscious d. Ego
18. One criticism of humanistic psychology is that it
- a. espouses only American ideology.
b. is based upon observations of neurotic behavior.
c. draws too heavily from psychoanalysis.
d. draws too heavily from social-learning theory.
19. The "nurture" component of the "nature-nurture" question refers to
- a. our genetic endowment.
b. the environment in which we are raised.
c. a combination of genetics and the environment.
d. the inborn personality tendencies with which each of us is born.
20. Newborn humans show a preference for looking at faces. This illustrates that babies
- a. recognize other humans.
b. immediately recognize their parents.
c. prefer curved lines, edges, and complexity.
d. prefer straight lines.
21. Ellie delights in playing "peek-a-boo" and actively lifts the newspaper to find her uncle who is hiding his face behind a newspaper. Ellie is showing what concept?
- a. accommodation c. ego centrism
b. assimilation d. object permanence
22. At around 4 years-of-age, a child begins to understand that people's thoughts and beliefs affect their behaviors. This is the beginning of the child's development of
- a. formal operational thinking. c. theory of mind.
b. moral realism. d. concrete operational thinking.

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23. The term for memories and thoughts that are not part of our current awareness, but which can be brought into awareness when needed, is

- a. unconscious.
- b. repressed.
- c. preconscious.
- d. conscious.

24. The phenomenon which is characterized by the need for higher and higher doses to produce the original effects of a drug is known as

- a. addiction.
- b. tolerance.
- c. psychological dependence.
- d. physical dependence.

25. Fear of various objects or events can readily be created and treated through the use of

- a. habituation.
- b. classical conditioning.
- c. avoidance conditioning.
- d. operant conditioning.

二、簡答題：(25分)

最近一年大學校園自殺及自我傷害事件頻傳，身為諮商心理學訓練的你，會假設有哪些潛在個案有適應困難或障礙，甚至心理疾患？(5%)從校園三級預防的角度切入，你最想在大學校園內推動什麼？理由為何？(20%)

備

註

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作答說明：一律作答，不用抄題。

一、在諮商輔導領域中，可用來測量人類心理特質的工具有千百種，例如：智力測驗、人格測驗、性向測驗、成就測驗，...等。請問：即將身為諮商心理師的你，應該考量哪些共同因素，才能挑選出一份符合測量目標的理想工具，以作為諮商輔導、學術研究、或提供行政決策參考之用？(25分)

二、試描述信度係數(reliability coefficient)與效度係數(validity coefficient)之間有何關係？(25分)

三、某諮商心理學學者調查某個受測班級 39 名學生的學業成績，獲得如下表所示排序後的原始資料。

72,73,79,81,81,82,85,85,85,87,
87,89,89,90,90,91,91,91,92,
92,92,92,93,93,93,93,94,94,94,
95,95,95,95,96,96,96,97,98

- 請問：
- (1)該次數分配的全距是多少？(5分)
 - (2)該次數分配的中位數是多少？(5分)
 - (3)該次數分配的眾數是多少？(5分)
 - (4)該次數分配的四分差是多少？(5分)
 - (5)該次數分配的標準差大約是多少？(5分)

四、諮商心理師在諮商過程中，常發現相類似個案群的某一因素可能與另外一項因素之間呈現相關的現象。此時，諮商心理師在解釋結果時若不小心，則很可能會導致解釋錯誤或濫用統計術語，以致於讓個案不知諮商心理師所云為何。因此，諮商心理師在解釋與應用相關的概念時，應該要特別注意哪些事項？(25分)

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