

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11日(星期二) 第二節
<p>一、為打造永續友善的校園和職場，強調要建構 EDI(Equality, Diversity and Inclusion)平等、多元、共融的包容接納環境。請分別解釋以下名詞，並說明其概念可以如何應用在促進 EDI 實務現場。(25 分)</p> <ol style="list-style-type: none"> 1. social interest 2. life-span perspective 3. authenticity 4. neurodiversity 5. self-compassion <p>二、近幾年來學生身心健康問題日趨複雜，立法院已於去年 11 月底三讀通過《學生輔導法》部分條文修正草案。(1)請說明本次修法及新增重點為何，對於學校輔導工作可能的影響，你有何看法？(2)有一名高中生小亞，和雙胞胎妹妹小比，面對媽媽非預期離世的失落哀傷，以及學業和人際上的壓力，開始出現憂鬱焦慮的症狀，但父親阿光每日借酒澆愁，並責罵小亞的症狀只是懶惰和逃避的藉口，不同意他去諮商看診，也認為他遭受網路霸凌的議題是小題大作，小亞這學期已請滿三次的身心調適假，但是感覺到狀況越來越糟，甚至出現自殺意念，如果你是學校輔導老師，依據學生輔導法的修法內容，會如何回應小亞諮商看診的需求？從三級輔導及全員輔導的概念，又會規畫哪些輔導策略和系統合作的方向？(25 分)</p> <p>三、承上題之案例，小亞的父親阿光，因為妻子的突然離世，加上撫養一對青春兒女的壓力，以及經濟工作上面臨的挑戰，開始用酒精麻醉自己，不但在家對孩子語言暴力、情緒忽略，在工作上也失去耐心，經常對部屬大發雷霆，造成部屬同仁莫大的身心壓力，因此也被調離原職務，進入職場霸凌/職場不法侵害的調查流程，並轉介至員工協助方案(Employee Assistance Programs, EAPs)進行諮商。(1)如果你是阿光的諮商心理師，主要會選擇哪個諮商理論來和他工作，請用此理論來進行個案概念化，並闡述治療目標及介入方式。(2)如果你為阿光及他的兩個孩子進行家族治療，又會選擇哪個家族治療理論？請用此理論來進行個案概念化，並闡述治療目標及介入方式。(25 分)</p> <p>四、關於 AI 在諮商領域的應用，可能會有那些輔助與支持，又要小心哪些可能衍生的議題或風險？以下內容節錄於美國諮商協會的網頁，請分享你對這段話有何看法？(25 分)</p> <p>Artificial intelligence (AI) shows promise as a valuable support tool for delivery of mental health services, educational guidance and career counseling. But the American Counseling Association (ACA), the leading organization representing counseling professionals, warns that consumers should not use AI as a substitute for a human counselor.</p> <p>(https://www.counseling.org/publications/media-center/article/2024/01/25/ai-can-support-not-replace-human-counselors-according-to-new-recommendations)</p>					
備註	<p>一、作答於試題上者，不予計分。</p> <p>二、試題請隨卷繳交。</p>				

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一、單選題(每題3分) 選擇題請在答案卡上作答，否則不予計分。

1. If a child is using telegraphic speech, she is most likely:

- A. about 2 years old. C. under 1 year old.
- B. at least 4 years old. D. 12 to 15 months old.

2. In Piaget's view of cognitive development, assimilation has occurred when _____, and accommodation when _____.

- A. something new that has happened to the child is incorporated into existing schemas; new experiences are reinterpreted
- B. new experiences are incorporated into existing schemas; existing schemas are dramatically altered to include the new experiences
- C. existing schemas are modified; existing schemas are discarded
- D. existing schemas are discarded; existing schemas are modified

3. According to Bowlby's theory of attachment:

- A. infants have a set of innate behaviors that cause adults to attend to them.
- B. infants must learn how to elicit attention from adults.
- C. social attachment is primarily an outcome of how adults respond to infants.
- D. social attachment is primarily an outcome of how infants respond to adults.

4. Which of the following conditions is a disorder or syndrome that exemplifies the conflict between women's personal rights versus the effects of women's behavior on their infants?

- A. Down syndrome
- B. fetal alcohol syndrome
- C. hemophilia
- D. autism

5. Which of the following is NOT one of the four essential qualities of motivational states emphasized in most general theories of motivation?

- A. They are energizing. C. They enable persistence.
- B. They are directive. D. They differ in their valence.

備

註

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- 二、試題請隨卷繳交。

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6. Posttraumatic stress disorder (PTSD) is characterized by attempts to avoid thinking about a seriously traumatic event, accompanied by flashbacks to and nightmares about that event. PTSD would seem to involve the emotional coping strategy of:

- A. thought suppression. C. rumination.
B. cognitive bias. D. distraction.

7. The most central goal of the positive psychology movement is to:

- A. promote positive change in society by advocating for world peace.
B. convince people that they have much in life to be grateful for.
C. study and understand psychological well-being.
D. train people to become positive and more effective leaders.

8. Which of the following have Buss and Plomin identified as basic traits or temperaments in infants?

- A. novelty seeking, shyness, and activation
B. inhibition, extraversion, and sociability
C. activity level, emotionality, and sociability
D. shyness, sensation seeking, and agreeableness

9. Two of your fellow students have conflicting views about the principal determinant of personality. John takes the view that personality is determined by unconscious conflicts. Joan asserts that personality is the outcome of learning processes. What famous psychologists would John and Joan likely bring into their arguments?

- A. Rogers and Seligman C. Maslow and Rogers
B. Freud and Skinner D. Jung and Adler

10. Your psychology teacher is studying the personalities of the students in the class and asks everyone to write a personal narrative involving his or her experiences in college thus far. The teacher is using a(n) _____ approach to personality description.

- A. nomothetic
B. trait
C. idiographic
D. objective

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11. The best way to think about positive symptoms of schizophrenia is that they are _____, whereas negative symptoms are _____.
- perceived by the patient as positive; perceived by the patient as negative
 - excesses of abnormal behaviors; deficits in normal functioning
 - positive in terms of their impact on the patient; negative in terms of their impact on the patient
 - present in other psychiatric diagnoses; absent in other psychiatric diagnoses
12. Cases of dissociative identity disorder:
- are much more common in males.
 - are usually consciously fabricated by the patient.
 - have no known causes or antecedents.
 - have increased dramatically in the past 30 years.
13. Floyd has tended to have love-hate relationships with people who are close to him. He constantly worries about whether people will leave him, so he smothers them with affection only to feel rejected and disappointed when they back away from this behavior. Most people view Floyd as emotionally unstable, and he has threatened to commit suicide a number of times. Floyd would probably be diagnosed with _____ disorder.
- narcissistic personality
 - obsessive-compulsive personality
 - bipolar
 - borderline personality
14. Which of the following is NOT a primary symptom of autism?
- deficits in verbal communication
 - lack of awareness of others, even caregivers
 - restricted activities and interests
 - mental retardation
15. Counseling psychologists typically differ from clinical psychologists in that they:
- cannot prescribe drugs.
 - do not have a Ph.D.
 - may be less likely to deal with the mentally ill.
 - work mainly in hospital settings.

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16. In terms of alternative therapies for depression, some patients with depression respond to _____, whereas for patients with severe and difficult-to-treat depression, _____ can be very helpful.

- A. regular aerobic exercise; twice-daily doses of St. John's Wort
- B. changes in diet; rebirthing techniques
- C. regular aerobic exercise; electroconvulsive therapy
- D. changes in diet; primal scream therapy

17. Research on the role of oxytocin in _____ suggests it may be a promising treatment for _____.

- A. social behavior; schizophrenia
- B. social behavior; autism spectrum disorder
- C. emotion regulation; depression
- D. emotion regulation; borderline personality disorder

18. A drug representative who works for the company that makes Prozac has to make a pitch to a group of doctors regarding the use of Prozac for adolescent depression. What is the most accurate statement the drug representative could make?

- A. Yes, Prozac increases suicidal thinking and may increase risk of suicide, but so do other treatments.
- B. Yes, Prozac may increase suicidal thinking, but suicide rates have actually decreased since serotonin reuptake inhibitors have been introduced.
- C. Prozac does not increase suicidal thinking or suicide risk, although there are a number of other side effects that are specific to adolescents.
- D. Prozac does not increase suicidal thinking or suicide risk, and it can be recommended as the most effective treatment available for adolescent depression.

19. Yesterday you taught your dog to crawl across the floor while barking. If the dog is to perform this fabulous trick tomorrow, then he will need to _____ the trick, then _____ the trick, then _____ the trick.

- A. encode; store; retrieve
- B. store; encode; retrieve
- C. rehearse; store; retrieve
- D. store; rehearse; retrieve

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20. Colt is an excellent quarterback. One skill that contributes to his ability is that he sees the players not just as individuals but as units that can be called on to make different plays. This skill enables him to process the game more efficiently and to hold more information about the game in his short-term memory. Colt is using the memory strategy of:

- A. visualization.
- B. imaging.
- C. chunking.
- D. linking.

21. Understanding how to serve a ball in tennis involves _____ memory; the act of serving the ball involves _____ memory; and your first memory of serving a tennis ball involves _____ memory.

- A. declarative; procedural; episodic
- B. episodic; procedural; declarative
- C. procedural; declarative; episodic
- D. procedural; episodic; declarative

22. When conditioning occurs due to the pairing of a neutral stimulus with a conditioned stimulus (CS), resulting in a CS-CS learned association, this process is known as:

- A. stimulus generalization.
- B. second-order conditioning.
- C. additive conditioning.
- D. an experimental error.

23. The Premack principle explains why:

- A. shaping desirable behaviors leads to accurate conditioning.
- B. a favored activity can be used to reinforce a less favored activity.
- C. reward is preferred to punishment for effective learning.
- D. the law of effect works.

24. A Freudian slip is presumed to be a(n):

- A. conscious thought that was verbally misleading.
- B. conscious thought that was expressed at an inappropriate time.
- C. unconscious thought that was expressed at an inappropriate time.
- D. unconscious thought that was meant to be expressed moments later.

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25. REM sleep is paradoxical because:

- A. the brain is active, but the major skeletal muscles are paralyzed.
- B. the skeletal muscles remain active, but the brain is inactive.
- C. the brain is less active than it is during other sleep stages.
- D. dreams occur more often during REM sleep than during other sleep stages.

二、問答題 (佔 25 分):

台灣青少年自殺嘗試及自殺已遂的人數越來越多，各級校園都啟動三級預防機制及措施，來面對這個難題。你是諮商心理學家，從青少年發展或成人發展心理學的角度，在這個科技導向、人工智能的時代，你如何在國中、高中、完全中學或大學校園 (擇一) 推展你心中理想的校園自殺防治計畫？這項計畫的特色為何？可能的困難處及挑戰為何？你又有何因應之道？



備

註

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作答說明：全部作答，不必抄題，但要清楚標示作答案號。

一、請解釋下列的測驗名詞：(共 25 分)

1. test equating (5 分)
2. alternative-form reliability (5 分)
3. literacy assessment (5 分)
4. student caution index (5 分)
5. testlet item (5 分)

二、請說明什麼是精熟學習模型(mastery learning model, MLM)，以及它對當今大專院校所倡導的自主學習(autonomous learning)該如何應用？(25 分)

三、身為諮商心理師的你/妳，針對網路成癮、自主學習、與數學成績三者間的關係，進行路徑分析(path analysis)的結果如下表所示。試問：你/妳該如何解釋下表所示的結果及其背後所蘊含的應用涵義？(25 分)

	Estimate	95%信賴區間	
		p value	BC confidence level
間接效果			
網路成癮→自主學習→數學成績	-.091	.001	-.101 ~ -.082
直接效果			
網路成癮→數學成績	.003	.808	-.016 ~ .022
總效果			
網路成癮→數學成績	-.088	.001	-.105 ~ -.072

四、某研究者想瞭解三種不同心理諮商方法的效益：減敏法、認知法、正念法等，他獲得下列的變異數分析摘要表。試問：你/妳該如何解釋下表所示的結果及其後續的分析工作？。(25 分)

ANOVA 摘要表

SV	SS	df	MS	F
組間	2723.33	2	1361.67	5.73
組內	2850	12	237.5	
整體	5573.33	14		

查表臨界值 $F_{1-.05(2, 12)} = 3.89$

備註

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