

# FINAL EXAM REVIEW

## COU473

### Counseling the Culturally Different

- 1) Define “worldview.”
- 2) What are the four major values of the Value-Orientation Model? Give the three value orientations of each.
- 3) What is meant by locus of control? What are the two perspectives?
- 4) Describe an external locus of control.
- 5) Describe an internal locus of control.
- 6) Another important dimension in world outlooks is locus of responsibility. What does this mean? What are the two dimensions of locus of responsibility? Be able to describe or identify each.
- 7) The two psychological orientations, locus of control and locus of responsibility, can be combined to form four quadrants of behavior.
  - a) Describe the Internal Locus of Control/Internal Locus of Responsibility individual.
  - b) Describe the External Locus of Control/Internal Locus of Responsibility individual.
  - c) Describe the External Control/External Responsibility individual.
  - d) Describe the Internal Control/External Responsibility individual.
- 8) What is a definition of indigenous healing?
- 9) What is the major reason to have knowledge for non-western and indigenous methods of healing?
- 10) Be able to identify and describe four indigenous healing guidelines for multicultural counseling.
- 11) There are various models of multicultural organization development. Identify the three stages of the Foster, Jackson, Cross model and give the defining characteristics of each stage.
- 12) Why is it important for a counselor to be aware of his/her own assumptions, values, and biases?
- 13) Cross recently modified his stage theory to incorporate more of the research findings in describing five stages of identity for African Americans. Identify the five stages and be able to give a defining characteristic of each.
- 14) Identify the four major minority groups that we have studied in this course.
- 15) For each of the four major minority groups, know the following:
  - a) Population and percentage of population according to the 2000 U.S. Census.
  - b) General educational status and/or accomplishments.
  - c) Family characteristics.
  - d) Values.
  - e) Unique problems associated with youth.
  - f) Counseling issues.
- 16) What is meant by the “yellow peril?”
- 17) What is the stereotypical image of Asian-Americans?
- 18) Describe some of the discriminatory practices perpetrated against each of the following:
  - a) African-Americans.

- b) Asian Americans.
  - c) Native Americans.
  - d) Hispanic Americans.
- 19) Discuss the three major waves of immigration of Southeastern Asians.
    - a) Give approximate date of each.
    - b) Give a general description of each wave in terms of education, job skills, ability to enculturate.
  - 20) What are some reasons there are relatively few reports of Asian mental health problems and juvenile delinquency.
  - 21) Be able to identify commonalities as well as differences between various Indian tribes.
  - 22) Give five reasons for high alcoholism among Native Americans.
  - 23) What are the four domains of acculturation among Native Americans? Give a defining characteristic of each.
  - 24) Identify three major problems faced by lesbian women and gay men.
  - 25) Lesbian women and gay men have identified certain practices by counselors as helpful. Identify five such practices.
  - 26) Be able to identify the major demographics of the elderly.
  - 27) Identify five major problems of the elderly that may be addressed in counseling.
  - 28) Identify five major problems of women that may be addressed in counseling.
  - 29) Identify five guidelines for counselors who counsel women.
  - 30) Identify five myths about people with disabilities.