

國立屏東大學  
115 學年度研究所碩士班入學考試試題

系別：教育心理與輔導學系碩士班 諮商與輔導組

科目：英文

注意事項：不必抄題，但請依序將題號標出，並寫在答案紙上，否則不予計分。

I. 字彙選擇 20%: 請選出一個最適合的答案。

1. In educational psychology, a student's ability to recover from academic setbacks and persist despite challenges is known as \_\_\_\_\_.  
(A) motivation (B) resilience (C) compliance (D) anxiety
2. The counselor adopted a \_\_\_\_\_ approach, adjusting her counseling methods based on the client's responses.  
(A) rigid (B) punitive (C) flexible (D) prescriptive
3. A core condition for effective counseling, \_\_\_\_\_ is the ability to deeply understand and share the feelings of another person.  
(A) sympathy (B) apathy (C) transference (D) empathy
4. In Vygotsky's theory, the temporary support provided by a more knowledgeable person to help a learner master a task within their Zone of Proximal Development is known as \_\_\_\_\_.  
(A) assimilation (B) accommodation (C) scaffolding (D) conditioning
5. Behavioral interventions often focus on \_\_\_\_\_ observable actions rather than internal thoughts.  
(A) modifying (B) suppressing (C) ignoring (D) rationalizing
6. In counseling, building \_\_\_\_\_ with clients is essential for effective therapeutic outcomes.  
(A) resistance (B) rapport (C) detachment (D) compliance
7. Despite facing several adverse childhood experiences, the student demonstrated remarkable \_\_\_\_\_, bouncing back from challenges and maintaining a positive outlook.  
(A) motivation (B) inhibition (C) resilience (D) attachment
8. Chronic academic stress may \_\_\_\_\_ students' motivation and emotional well-being.  
(A) enhance (B) undermine (C) regulate (D) stabilize
9. A diagnostic test is used to \_\_\_\_\_ students' strengths and weaknesses before instruction.  
(A) identify (B) evaluate (C) remediate (D) predict
10. A \_\_\_\_\_ assessment is conducted during the learning process to provide feedback and adjust instruction, unlike a summative assessment given at the end of a unit.  
(A) summative (B) norm-referenced (C) criterion-referenced (D) formative

II. 文法測驗 20%: 請選出一個最適合的答案。

11. The committee of counselors \_\_\_\_\_ decided to adopt the new ethical guidelines.  
(A) are (B) have (C) were (D) has
12. The more empathetic the counselor is, \_\_\_\_\_ the client feels understood.  
(A) so much (B) the most (C) the more (D) more than

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13. After having \_\_\_\_\_ the initial assessment, the counselor scheduled a follow-up session.  
(A) complete (B) completing (C) completed (D) completes
14. The research assistant was responsible for collecting data, analyzing the results, and \_\_\_\_\_.  
(A) to write the final report (B) writing the final report  
(C) the final report was written (D) write the final report
15. If the student \_\_\_\_\_ more time to study, he would have passed the exam.  
(A) had dedicated (B) has dedicated (C) would dedicate (D) dedicated
16. The university is seeking a candidate \_\_\_\_\_ has experience in both educational research and clinical practice.  
(A) whom (B) whomever (C) who (D) whose
17. Because the research findings were inconclusive, \_\_\_\_\_ further studies are necessary.  
(A) so (B) although (C) X (D) unless
18. The counselor asked the students to carefully complete the reflection task, \_\_\_\_\_ was designed to help them identify areas for improvement.  
(A) what (B) which (C) that (D) who
19. During supervision, the counselor reminded the trainee to \_\_\_\_\_ all observations for discussion in the next session.  
(A) keep track on (B) keep track with (C) keep track of (D) keep track for
20. To maintain ethical practice, counselors must always \_\_\_\_\_ sensitive information discussed in sessions.  
(A) bear in mind (B) bear with mind (C) bear on mind (D) bear off mind

III. 克漏字填充 15%: 請依短文文意，選出一個最恰當的答案。

Effective educational counseling necessitates a deep understanding of human development and learning theories. Counselors must learn to 21. therapeutic approaches, recognizing that a "one-size-fits-all" strategy is inherently 22. when dealing with diverse student populations. This means they must not only possess theoretical knowledge but also cultivate strong interpersonal skills, 23. active listening, non-judgmental acceptance, and cultural 24. . Furthermore, ethical practice requires counselors to uphold strict confidentiality, 25. when mandated reporting laws necessitate disclosure.

21. (A) adapt (B) mandate (C) standardize (D) reject  
22. (A) beneficial (B) ineffective (C) compulsory (D) transferable  
23. (A) as supposed to (B) apart from (C) including (D) despite  
24. (A) distance (B) apathy (C) competence (D) bias  
25. (A) only (B) except (C) due to (D) moreover

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IV. 閱讀測驗 15%: 請依據文章，選出一個最恰當的答案。

Cognitive Behavioral Therapy (CBT) is a widely recognized and empirically supported therapeutic approach. Its fundamental premise is that an individual's thoughts, feelings, and behaviors are interconnected, and that maladaptive thinking patterns can be changed by focusing on the cognitive component. In educational settings, CBT principles are highly applicable to helping students manage stress, overcome learning barriers, and improve academic performance.

For instance, a student struggling with test anxiety may harbor automatic negative thoughts such as "I am going to fail this test." The CBT-trained educational counselor would help the student identify these thoughts, challenge their validity, and replace them with more balanced and realistic appraisals. This process is often facilitated by teaching students practical self-regulation skills. A key component of this intervention is the concept of cognitive restructuring, where the student actively modifies his or her belief system. The ultimate goal is to foster an internal locus of control, allowing the student to recognize that their own efforts and strategies directly influence their outcomes. While CBT is highly structured, its methods can be flexibly adapted to fit diverse developmental stages and cultural contexts, making it a powerful tool in the educational psychologist's toolkit. The efficacy of CBT is supported by numerous meta-analyses showing significant improvements across various youth mental health issues, including generalized anxiety and mild depression. The practical, goal-oriented nature of the approach appeals to many educational institutions seeking measurable and sustainable outcomes.

26. What is the primary purpose of the passage?
- (A) to describe the methodology and efficacy of Cognitive Behavioral Therapy in an educational context.
  - (B) to compare CBT with other therapeutic approaches.
  - (C) to critique the goal-oriented nature of CBT interventions for youth.
  - (D) to provide a case study of a student with test anxiety.
27. According to the passage, what is the fundamental premise of Cognitive Behavioral Therapy?
- (A) that all behavioral disorders stem from childhood trauma.
  - (B) that individuals must first be taught self-regulation skills before intervention.
  - (C) that thoughts, feelings, and behaviors are interconnected, and focusing on cognition can change maladaptive patterns.
  - (D) that the counselor must demonstrate unconditional positive regard for the client.
28. The author suggests that one of the reasons CBT is favored by educational institutions is because:
- (A) it requires less training for school counselors than other methods.
  - (B) its outcomes are easy to measure and its approach is goal-oriented.
  - (C) it is the only empirically supported therapy for test anxiety.
  - (D) it allows for flexible adaptation to all cultural contexts without modification.
29. In the second paragraph, the word appraisals is closest in meaning to:
- (A) compliments.
  - (B) criticisms.
  - (C) evaluations or judgments.
  - (D) emotional responses.

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30. Which of the following best exemplifies the concept of cognitive restructuring as described in the passage?
- (A) a student who meditates for ten minutes before a test to reduce their heart rate.
  - (B) a student who replaces the thought "I'm not smart enough" with "I can succeed if I study diligently."
  - (C) a counselor who contacts a student's parents to discuss their academic performance.
  - (D) a student who is given extra time on an exam due to a learning disability.

V. 作文 30%

**Instructions:** Please write a well-organized and clearly argued essay (approximately 450-500 words) addressing the following prompt.

The integration of Artificial Intelligence (AI) into mental health services is rapidly evolving, ranging from AI-driven chatbots for initial screening to advanced predictive analytics for identifying at-risk students. Discuss the major ethical challenges and practical opportunities that this integration presents for educational psychologists and school counselors. In your response, address at least one specific area (e.g., student privacy, diagnostic bias, the human element of the therapeutic relationship) where AI's role must be carefully considered, and propose how future graduates in this field can best prepare to work alongside these technologies.