

مدرسان شریف



Contents

Title	Page number
CHAPTER ONE: ((Basics of Counselling))	
What is Counselling?.....	1
Principles of Counselling.....	1
Characteristics of Counselling.....	2
Process of Counselling	2
Characteristics of an Effective Counsellor	3
Counselling Goals	3
Counselling Service.....	4
What is the Difference Between Counseling and Psychotherapy?	4
Psychotherapy.....	4
Various Fields of Counselling	5
Types of Counselling in Terms of Implementation	5
Directive Counseling	5
Steps of Directive Counselling	5
Non-Directive Counselling.....	5
Steps in Client Centered Counselling	6
Eclectic Counselling.....	6
Group Counseling.....	6
Career Counsellors	6
Career Counselling Services.....	7
Family Therapy	7
Counselling Skills.....	7
Listening Skills.....	8
Asking Questions	8
Empathy and Sympathy.....	8
What is Empathy?	9
Difference between Empathy and Sympathy	9
Vocabulary	10
Progress check.....	12
پاسخنامه تست‌های طبقه‌بندی شده فصل اول	15
Summative Test	17
CHAPTER TWO: ((Personality))	
Personality	18
Theory	18
Psychology Theories.....	18
Qualities of a Good Theory	18
Major Approaches to Personality Assessments.....	19
Projective Personality Assessment	19
Objective personality assessment	19
Freudian Psychoanalytic Theory of Personality	20
Freud's Three Levels of Mind.....	20

مدرسین شریف



Contents

Title	Page number
Structure of the Human Mind.....	20
The Id	20
The Superego.....	20
The Ego	21
Psychosexual Stages of Development	21
Three Major Types of Anxiety	21
Defense Mechanisms.....	22
Defense Mechanisms Have some Qualities.....	22
Freud Psychoanalysis Methods	22
Carl Gustav Jung	22
Archetypes.....	23
Persona	23
Anima/Animus	23
Shadow and Self.....	23
Jung's Concept of the Psyche	23
The Personal Unconscious.....	24
The Collective Unconscious.....	24
Stages of Development.....	24
Individuality	24
Types of Personalities.....	24
Dream Analysis	25
Free Associations Test.....	25
Active Imagination	25
Symbol Analysis.....	25
Adler.....	25
Inferiority Complex	26
Superiority Complex	26
Fictional Finalism.....	26
Adler Personality Classification	26
Social Interest	27
Creative Self	27
Life Plan	27
Style of Life.....	27
The Social Cognitive Perspective	27
The Humanistic Perspective	28
Abraham Maslow and Carl Rogers	28
Personality and Kelly.....	29
Allport, Cattell, Eysenck and the Big Five	29
Gordon Allport: Trait Theory	29
Raymond Cattell: Sixteen Personality Factor Questionnaire	30
Hans Eysenck: Three Dimensions of Personality.....	30
The Five-Factor Model.....	31

مدرسان شریف



Contents

Title	Page number
Erik Erikson.....	31
Erikson life Stages.....	32
Personality and Skinner.....	32
Personality and Mischel.....	33
Vocabulary	34
Progress check.....	36
پاسخنامه تست‌های طبقه‌بندی شده فصل دوم	43
Summative Test	49
CHAPTER THREE: ((Psychology and Consultation))	
Definition of Psychology.....	50
Psychologists Methods	50
Solving Problem	51
History of Psychology	51
Structuralism.....	51
Functionalism	51
Psychoanalysis.....	52
Behaviorism.....	52
Humanism.....	52
Gestalt.....	53
Cognitivism	53
Clinical Psychology	53
Comparative Psychology.....	54
Developmental Psychology	54
Educational Psychology and School Psychology	54
Industrial and Organizational Psychology	55
Personality Psychology.....	55
Social Psychology	55
Professional Psychology	55
Research Methods	56
Qualitative and Quantitative Research	56
Controlled Experiments.....	56
Psychoanalysis.....	57
Super Ego	57
Interaction.....	57
Conflict between Id and Super Ego	57
Important Experiences.....	58
Incentives.....	58
Knowing Exactly	58
Incentive Importance	58
Discovering.....	59

مدرسین شریف



Contents

Title	Page number
Stimulate.....	59
Intelligence Tests and Human Abilities.....	59
Human Baby	59
Language Learning.....	59
Listening.....	60
Inherent Understanding	60
Mental Abilities	60
The Principles of Psychology	60
Scientific Methods.....	61
Motivation	61
Systematic Behavior	61
Motivational Behavior.....	61
Control.....	61
Learning.....	62
First Type Behavior.....	62
Animals learning	62
Methods of Investigating Motivation	62
The Nature of Psychology	63
Sensory Processes.....	63
Coding Information	63
Brain Processes.....	63
Perception.....	64
Perceptual Processes.....	64
Ecological Views.....	64
Perceptual System	64
Different Views	64
Perceptual Occurrences	65
Perceptual Ability	65
Attention and Perception	65
Intelligence	65
IQ Tests	65
Debating Different Psychologists	66
Psychometric Approach.....	66
The Information	66
Mental Processes	66
The Triarchial Theory of Intelligence	66
Empirical Skills	67
Multiple Intelligences.....	67
Intellectual Skills.....	67
Memory	67
Encoding Information.....	68
Second Process	68

مدرسان شریف



Contents

Title	Page number
Third Process.....	68
Memory's Time Frames	68
The Sensory Register.....	68
Short-term, or Working Memory.....	69
Long-term Memory	69
Why do People Forget?	69
Encoding Failure	69
Improving Memory	70
Motivation	70
Vocabulary	74
Progress check.....	78
پاسخنامه تست‌های طبقه‌بندی شده فصل سوم	89
Summative Test	98
CHAPTER FOUR: ((Reading Comprehension))	
تشخیص الگوهای پاراگراف هنگام خواندن.....	104
Self-evaluation	135
Public University 96	143
پاسخنامه سؤالات آزمون سراسری ۹۶	146
Public University 97	149
پاسخنامه سؤالات آزمون سراسری ۹۷	152
Public University 98	155
پاسخنامه سؤالات آزمون سراسری ۹۸	158
Public University 1399	161
پاسخنامه سؤالات آزمون کارشناسی ارشد ۱۳۹۹	164
Public University 1400	167
پاسخنامه سؤالات آزمون کارشناسی ارشد ۱۴۰۰	170
Public University 1401	173
پاسخنامه سؤالات آزمون کارشناسی ارشد ۱۴۰۱	176
Public University 1402	179
پاسخنامه سؤالات آزمون کارشناسی ارشد ۱۴۰۲	181
Public University 1403	184
پاسخنامه سؤالات آزمون کارشناسی ارشد ۱۴۰۳	185
Public University 1404	188
پاسخنامه سؤالات آزمون کارشناسی ارشد ۱۴۰۴	191
Exams' keys.....	194
REFERENCES	194