

# Act and american college testing



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The American Counseling Association ([CA], 2014) Code of Ethics standard E. I . A. Assessment stated “ The primary purpose of educational, mental health, psychological, and career assessment is to gather information regarding the client for a variety of purposes, including but not limited to, client decision making, treatment planning, and forensic proceedings” (p. 11). With the Standard E. I . A in mind, counselors must be mindful of the administration purposes when assessing their clients.

It is also critical that therapists use all of their counseling skill when meeting with a client to review results of assessments given to a client, so that the client can process and receive the results in a way that is beneficial to them. The Client Jading Marie Save.

N. Year (DOB 9/1 /94), was referred for services by her math teacher after having a panic attack during her math class. A primary goal for Jadeite’s counseling is to establish a plan for her life post-graduation from high school. Jading has concerns about being able to provide Sierra, her daughter.

Jading works part time currently at Bright Days Day Care, but knows she must make plans for her future.

Jadings boyfriend and father of Sierra has enlisted in the Marine Corps and will soon be departing for boot camp. This leaves Jading to care for their child, work to provide for her family and go to school to build her future. Jading does receive encouragement and help from her mother, grandmother and boyfriend’s mother (Laureate Education, 2013). The Client Session-Assessment (transcript) Counselor: Jading, great to see you.

Please have a seat.

Client: Thank you Counselor: So would like to have you do an assessment called the American College Testing or ACT and then the Strong Interest Inventory or SSI. Have you heard of the ACT? Client: I have heard of it, but don't know anything about it. What is it for? Counselor: Well Jading the ACT measures “ English usage, mathematics usage, social studies reading, and natural sciences reading’ (American College Testing, 1 970, Para. 2).

The English component is timed allowing you 40 minutes to complete 75 items. The mathematical usage piece is limited to 50 minutes for 40 items.

The third part IS on social studies reading consists of 52 items with 35 minutes to complete it. The natural sciences section is encompasses 52 questions and a 35 minute time limit to complete.

Your completed totals will be compared with other people who have completed the assessment (American College Testing, 1970). Client: It sounds really complicated! Will I do alright? Counselor: Your scores will depend on what you have learned so far in school, does that make sense? Client: It makes sense, but don't understand how this helps me after school is over.

Counselor: The ACT is an assessment that determines your level of proficiency in the areas tested on. It offers us information we can use that helps direct us on future college advising, placement, and enrollment for you. The ACT assists with helping direct your allege career and academic endeavors’.

Do you have any other questions about the process? Client: Yes, can it affect me in my grades? If I don't do well will it affect me negatively? Counselor: No it has no grade or effect on grading for school. It only is used as a measure of aptitude in the four areas we went over.

This assessment will help you to understand what your strengths are and also understand your limitations a little better. Remember we have previously talked about the Code Of Ethics and how it applies to my work with you? I wanted to bring up the fact that the American Counseling Association (ACA 2014) Code of Ethics has one standard in particular that is important for us right now.

The E. 6. A, Appropriateness of Instruments points out to us that counselor needs to be sure that the assessments administered to the client are appropriate (ACA 2014).

Jading you should understand that the ACT is a completely appropriate assessment for you at this time to help you consider your future academic career. Do you feel as if you could take the ACT now? Client: Oh yes, I understand it now, and think it sounds fine. I will take it.

Jading proceeds to take the ACT, completing it in the allotted time. Et to with her now to review her scores. Counselor: Jading, good to see you again. I have received the scoring for the ACT assessment you took and am ready to review them with you.

Client: Awesome! I'm a little nervous to know how I scored, but I feel like I did k. Counselor: The scores can range from 1 to 36 for a composite score. Your

composite score was a total 21, which is averaged by the total of the four subcategories. Your subspace scores for each section were as follows:

English 24, Math 19, Social Studies Reading 23, and Science was 18. That gives you a ranking of 59% in the United States.

Your 59% ranking means that 59% “ of the students received scores that are the same or lower than you score” (Whist’s, 2013, p. 172). The results you received are only estimates.

Please understand that the results are not an exact measurement of your academic development or progress.

I have a booklet for you with information and your scores. Client: What else can know from the scores got on this test? Counselor: Absolutely, the scores tell us that English was your strongest area and reading was your next strength. This tell us that your strengths lie in writing. These scores also give us a glimpse into he fact that English and reading during your freshman year of college should not require refresher courses for you.

Your scores indicate a high chance of achieving at least a 8 or above are 75%. You should excel the intro college course you choose (Whist’s, 2013).

Client: Great! Than did do k! Counselor: Jading you should not doubt yourself, you are a smart girl with tremendous abilities. You did wonderfully! With the ACT completed I would like to focus on the second assessment talked to you about previously, the SSI. This is an assessment made up of 291 elements and the responses are hen analyzed by a computer to be scored (Leerier, Blackwell, Streamer, Thompson, & Donna, 2008).

The results generated from this assessment are called a profile. The scores come from five separate areas, these areas are “ 6 General Occupational Themes (Sots), which reflect the respondent’s overall orientation to work based on Holland theory of types (Realistic, Investigative, Artistic, Social, Enterprising, and Conventional” (Leerier et al.

, 2008, p. 77), the IBIS or Basic Interest Scales, the Occupational Scales, Personal Style Scales, and a “ summary Of item responses to help identify inconsistent or unusual roofless for special attention” (Leerier et al. 2008, p. 77). Client: This seems rather overwhelming and like a lot of information.

Counselor: It is a lot of information Jading. This assessment that will help us define some of your strengths and interests. By doing so this allows us to choose a course of action that best fits the interests and strengths for a career options and college plan (Leerier et al. , 2008). The purpose of this is allow you to see where your interests lie and what variety of occupations that compliment your interests. Do you feel like you are ready for this type of assessment?

Client: am ready to take any test as long as it helps me find a path for my future.

The SSI results are tabulated by the computer and the results are reviewed with the client. Counselor: Jading I received the scoring for your SSI assessment along with your profile, ready to go over the results of them with me? Client: I am very curious to hear what my results are. Counselor: So the scoring set on a 0-70 scale. We discussed that the SSI has six areas of General Occupational Themes, scoring your work personality.

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Your scores were as follows: social 62, artistic 45, enterprising 41 ,  
invitational 40, investigative 34, and finally realistic 32.

So thou understand, social is the field of helping people and community service. Artistic is an area of the arts, communication, self-expression, and culture. Positions of leadership are defined by entrepreneurship. Information systems and organization are conventional in nature and math and science lend themselves to the investigative side of things.

Finally the Realistic aspect can be found in machines and computers (Prince, 2012).

There is the Basic Interest Scales which is comprised of the top five areas of your interest, which re: religion and spirituality scoring 67, counseling and helping scoring 66, teaching and education scoring 65, writing and mass communication scoring 63, and lastly politics and public speaking scoring 58 (Prince, 2012). Client: I don't think I understand what all of this means for me. Counselor: The results from the Occupational Scales helps provide us with information on the occupations that you would most likely excel at.

Let me list some of the occupations and scores for you so you understand: speech pathologist scoring 62, librarian scoring 59, Mental Health Counselor scoring 59, a special education instructor also scoring 59, elementary school teacher, again scoring 59, social worker scoring 58, (7) public relations director scoring 57, school guidance counselor scoring 57, (9) English teacher scoring 56, and a high school teacher scoring 55 (Prince, 2012).

Client: So this SSI lets me know what I am good at and what jobs would fit my skills? Counselor: Exactly right!

The results represent how well you would do with the occupation you are matched with (Leerier et al. , 2008). They figure this by your interests, telling us which occupation would be most appropriate. Look at it this way, your eighth score of 62 was in speech pathologist based on a range of 0 to 70.

This is your highest score and it tells us the best occupation for you with the interests you have. Please remember that the SSI is not a measurement of your personal skills or abilities, but only your personal interests (Whist's, 2013).

The sole purpose of the SSI is allow you to understand the variety of career and academic alternatives available to you. The SSI measures interests and the career options available matching those interests. Additionally within the SSI is the Personal Style Scales. This scale addresses such issues as work style, team orientation, risk taking and leadership style.

In this part of the SSI we see that you like to work with people. It lets us know that you like learning by reading and attending lectures. You are a take charge kind of girl.

This also lets us see that you are not comfortable with risk taking and you are comfortable with both independent and team positions.

(Prince, 2012). Client: You got all of that from that test? That is a lot to think about. Counselor: Yes the SSI provides a tremendous amount of information for us to look at when deciding your future career path. I am going to give you a summary that lets you see some things that fall into line with the interests



you show on the assessment. It will also give you information on the jobs that you tested high for and the necessary degrees required to get that job.

The SSI gives you a lot of information to go over and process. I think it's a good idea for you to take the information and the profile and read through it all, and then if you have any questions we can go over them in a later session. This will allow you time to process all of the information. Will that work for you Jading? Client: That is a great idea, I for sure need time to read it. I don't think I even know what we talked about at the beginning of the session there was so much to go over.

Counselor: Okay super! Eve a copy of all of the information in a packet for you to take so that you can review it on your own time. We can meet again next week and if you have further questions we will have plenty of time to go over them. Client: Thanks so much that is great! I will make notes too. See you next week. And thank you.

Us Mary This sample transcription is just one way the information and results from assessments could be covered with a client. It is important to remember that the therapist explain why the client should take the assessment and what the full results of the assessment are with the client.