

COLORADO MEASURES OF ACADEMIC SUCCESS (CMAS) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What refers to external barriers that an offender must overcome according to Finkelhor's model?**
 - A. Grooming of society and family
 - B. Family support systems
 - C. Psychological constraints
 - D. Personal beliefs
- 2. What kind of response does the relationship between ACEs and long-term health outcomes indicate?**
 - A. Random response
 - B. Linear response
 - C. Causal response
 - D. Dosage response
- 3. What can be described as a learned worldview or paradigm shared by a population that influences values and behaviors?**
 - A. Culture
 - B. Tradition
 - C. Community
 - D. Society
- 4. Which term describes the societal and familial grooming necessary for an offender to act?**
 - A. Institutionalization
 - B. Normalization
 - C. Desensitization
 - D. Facilitation
- 5. According to lesson content, the long-term effects of child physical abuse include which of the following challenges?**
 - A. Healthy relationships and coping
 - B. Relational imbalances and anger
 - C. High self-esteem and trust
 - D. Enhanced coping skills and problem-solving

- 6. According to the Adverse Childhood Experiences (ACEs) study, exposure to how many adverse childhood experiences correlates with leading causes of death in the U.S.?**
- A. 2
 - B. 3
 - C. 4
 - D. 5
- 7. Which action is appropriate during the Support phase of the BASER model?**
- A. Encouraging the child to forget
 - B. Seeking to validate the child's feelings
 - C. Discussing the case with colleagues
 - D. Allowing the child to speak without interruption
- 8. What does "termination of parental rights" refer to?**
- A. A temporary custody decision
 - B. A legal separation between parent and child
 - C. The total severing of the legal relationship between a parent and child
 - D. A measure of parental responsibility
- 9. What role does communication play in treating families dealing with maltreatment?**
- A. It decreases the likelihood of family conflicts
 - B. It is essential for developing trust and understanding
 - C. It is secondary to behavioral interventions
 - D. It solely focuses on children's expressions
- 10. Which two key risk factors does the Child Family Traumatic Stress Inventory (CFTSI) focus on?**
- A. Coping skills and financial stability
 - B. Coping skills and poor social or family support
 - C. Child health and development
 - D. Parental education and support

Answers

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1. A
2. D
3. A
4. B
5. B
6. C
7. B
8. C
9. B
10. B

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Explanations

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1. What refers to external barriers that an offender must overcome according to Finkelhor's model?

- A. Grooming of society and family**
- B. Family support systems
- C. Psychological constraints
- D. Personal beliefs

Finkelhor's model identifies external barriers that an offender must overcome, which includes societal and familial influences. Grooming of society and family refers to the manipulative tactics used by offenders to desensitize and normalize inappropriate behavior, creating an environment where potential victims may feel hesitant to report abuse or may even come to accept it as normal. This grooming process involves the offender gaining the trust of not just the victim but also the family and community, which ultimately reduces the likelihood of detection and intervention. In this context, other options like family support systems, psychological constraints, and personal beliefs primarily revolve around individual and internal factors rather than the external societal influences emphasized in the correct answer. Family support systems might serve as protective factors against abuse, psychological constraints pertain to an individual's mental barriers to action, and personal beliefs could shape one's understanding of morality but do not encapsulate the external societal mechanisms that an offender manipulates.

2. What kind of response does the relationship between ACEs and long-term health outcomes indicate?

- A. Random response
- B. Linear response
- C. Causal response
- D. Dosage response**

The relationship between Adverse Childhood Experiences (ACEs) and long-term health outcomes is best described as a dosage response. This concept indicates that as the number of ACEs an individual experiences increases, the likelihood of various negative health outcomes also increases. This relationship showcases a clear pattern, where higher exposure to adversity correlates with greater risks for health issues such as mental illness, chronic diseases, and substance abuse. A dosage response is significant because it emphasizes the cumulative impact of adversity; it is not simply about whether experiences are present or absent but rather the total amount of adverse experiences that matters. Science supports this conclusion through numerous studies that demonstrate how accumulating ACEs can lead to a progressively higher risk of health problems over time. Other options like random response or linear response do not adequately capture the complexity and the non-linear nature of how ACEs affect health outcomes. Causal response might imply direct causation without considering the multiplicative and compounding nature of multiple ACEs, which is better understood in a dosage context. Thus, characterizing this relationship as a dosage response highlights the gradual and increasing impact of adverse experiences on health.

3. What can be described as a learned worldview or paradigm shared by a population that influences values and behaviors?

A. Culture

B. Tradition

C. Community

D. Society

The correct choice, culture, refers to the collective beliefs, customs, practices, and social behaviors of a particular group or society. It encompasses the learned aspects of human behavior, including language, norms, values, and artistic expressions, which are passed down from one generation to the next. Culture profoundly shapes how individuals perceive the world and interact with each other, influencing their values and behaviors. For example, cultural practices dictate everything from what is considered polite behavior to dietary choices, religious practices, and artistic expressions. It acts as a guiding framework for individuals within the population, affecting how they relate to one another and to the broader world. Tradition, while related to culture, typically refers to specific customs and practices that have been maintained over time, rather than the broader set of values and worldviews that encompass a culture as a whole. Community denotes a group of individuals residing in the same location or sharing common interests, but it may not include the vast array of beliefs and behaviors that culture covers. Society refers to a large grouping of individuals who share a common culture but is less focused on the learned aspects of those beliefs and behaviors compared to the concept of culture itself. Hence, culture is the most fitting term to describe the shared worldview that influences values and behaviors

4. Which term describes the societal and familial grooming necessary for an offender to act?

A. Institutionalization

B. Normalization

C. Desensitization

D. Facilitation

The term that best describes the societal and familial grooming necessary for an offender to act is normalization. Normalization refers to the process by which certain behaviors, thoughts, or actions become accepted as standard or typical within a particular context or environment. In the case of an offender, normalization involves the gradual acceptance of harmful or deviant behaviors as socially permissible or justified within their family or community. By normalizing such behaviors, the individuals around the offender may inadvertently create an environment that diminishes the perception of wrongdoing, making it easier for the offender to engage in actions that may be harmful to others. This societal and familial grooming can include the acceptance of negative attitudes or behaviors, thereby reducing the stigma associated with the offender's actions. Understanding normalization is crucial for recognizing how some behaviors can be perpetuated through social and familial dynamics, ultimately contributing to decisions made by individuals who may otherwise feel constrained by social norms.

5. According to lesson content, the long-term effects of child physical abuse include which of the following challenges?

- A. Healthy relationships and coping
- B. Relational imbalances and anger**
- C. High self-esteem and trust
- D. Enhanced coping skills and problem-solving

The long-term effects of child physical abuse can manifest as relational imbalances and anger due to the significant emotional and psychological trauma experienced during formative years. Children who have been physically abused often develop difficulties in forming healthy relationships, leading to patterns of mistrust, fear, and aggression. These individuals may struggle with regulating their emotions, particularly anger, as they may not have learned appropriate ways to express or manage these feelings during their upbringing. In contrast to this, options like high self-esteem and trust, as well as enhanced coping skills and problem-solving, are generally outcomes associated with positive experiences and adaptive environmental factors. Thus, individuals who have suffered from such abuse are more likely to grapple with relational imbalances and intense feelings of anger rather than exhibit high self-esteem or trust.

6. According to the Adverse Childhood Experiences (ACEs) study, exposure to how many adverse childhood experiences correlates with leading causes of death in the U.S.?

- A. 2
- B. 3
- C. 4**
- D. 5

The relationship between adverse childhood experiences (ACEs) and serious health outcomes is a crucial finding from the ACEs study. Research indicates that individuals who have been exposed to four or more ACEs are significantly more likely to experience a wide range of health issues, including leading causes of death in the United States, such as heart disease, stroke, and certain forms of cancer. This correlation arises because adverse experiences in childhood can lead to long-term stress responses and health risk behaviors that contribute to these serious health conditions. The recognition of four ACEs as a critical threshold for increased health risks provides valuable insight for prevention and intervention strategies in public health. Understanding this link emphasizes the importance of addressing childhood adversity to improve long-term health outcomes and reduce the burden of disease in the population.

7. Which action is appropriate during the Support phase of the BASER model?

- A. Encouraging the child to forget
- B. Seeking to validate the child's feelings**
- C. Discussing the case with colleagues
- D. Allowing the child to speak without interruption

In the Support phase of the BASER model, seeking to validate the child's feelings is crucial because this action helps to acknowledge and affirm the child's emotions and experiences. Validation creates a safe and supportive environment, which can enhance the child's sense of worth and encourage open communication. In therapeutic or educational contexts, validating feelings is essential for building trust and rapport, as it shows the child that their feelings are recognized and taken seriously. This approach facilitates emotional processing and can help the child feel understood, ultimately leading to more effective support and guidance. The other options do not effectively align with the objectives of the Support phase, as they either dismiss the child's feelings or do not contribute to building a supportive relationship.

8. What does "termination of parental rights" refer to?

- A. A temporary custody decision
- B. A legal separation between parent and child
- C. The total severing of the legal relationship between a parent and child**
- D. A measure of parental responsibility

"Termination of parental rights" refers to the total severing of the legal relationship between a parent and their child. This legal action effectively removes the parent's rights and obligations towards the child, including custody, visitation, and decision-making authority. It is usually pursued in cases where it is determined that maintaining the parental relationship would not be in the best interest of the child, often due to issues such as abuse, neglect, or abandonment. This process results in the child being considered legally free from their birth parents and may allow for adoption by another family. It is a permanent decision, unlike temporary custody arrangements or legal separations, which can be altered or revisited. Termination of parental rights is a serious measure that highlights the legal recognition of the change in the parent-child relationship.

9. What role does communication play in treating families dealing with maltreatment?

- A. It decreases the likelihood of family conflicts
- B. It is essential for developing trust and understanding**
- C. It is secondary to behavioral interventions
- D. It solely focuses on children's expressions

Communication is fundamental in treating families dealing with maltreatment because it serves to establish trust and understanding among family members, as well as between families and professionals providing support. Effective communication allows families to express their feelings, concerns, and needs in a safe environment, which can lead to better relationships and more cooperative problem-solving. When open lines of communication are fostered, families are more likely to share their experiences and insights, helping practitioners to identify root issues and tailor interventions appropriately. This collaborative approach empowers families and facilitates meaningful change, ensuring that all members are engaged in the process of healing and support. The other options do not capture this essential role of communication as effectively. While it may reduce conflicts or relate to behavior in some contexts, these aspects are seen as outcomes of effective communication rather than its primary function. Moreover, focusing solely on children's expressions overlooks the importance of understanding and addressing the perspectives of all family members involved.

10. Which two key risk factors does the Child Family Traumatic Stress Inventory (CFTSI) focus on?

- A. Coping skills and financial stability
- B. Coping skills and poor social or family support**
- C. Child health and development
- D. Parental education and support

The Child Family Traumatic Stress Inventory (CFTSI) emphasizes the importance of coping skills and the level of social or family support as key risk factors in understanding how children process and respond to traumatic experiences. Coping skills refer to the strategies and resources children have available to manage stress and adversity. Children with strong coping skills are better equipped to handle traumatic situations, potentially reducing the long-term impact of trauma. On the other hand, poor social or family support can exacerbate the effects of trauma, as children rely on their families and social networks for emotional support, assistance, and guidance during difficult times. When these support systems are lacking, children may struggle more significantly with trauma-related symptoms. In contrast, the other options do not encompass the core focus of the CFTSI. While child health and development, parental education and support, and financial stability can certainly influence a child's overall well-being, they are not identified as the specific key risk factors addressed by the CFTSI in relation to traumatic stress. The emphasis remains on the interaction between coping mechanisms and the availability of social support in shaping a child's resilience to trauma.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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