

Counselor Education Comprehensive Exam (CECE) Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. Which of the following statements about prejudice is NOT TRUE?**
 - A. Involves making assumptions about an individual**
 - B. It can have either positive or negative feelings attached to it, but negative prejudice is the most common type**
 - C. It is closely related to oppression**
 - D. It does not affect individuals of various genders, races, financial situation, and religions**
- 2. Id, ego, superego, defense mechanisms, fixation, and the psychosexual theory of personality were all developed by:**
 - A. Erik Erikson**
 - B. Abraham Maslow**
 - C. Sigmund Freud**
 - D. Konrad Lorenz**
- 3. All of the following are examples of objective personality tests EXCEPT:**
 - A. a. California Psychological Inventory, Form 434**
 - B. b. Million Clinical Multiaxial Inventory, 3rd Edition**
 - C. c. Myers-Briggs Type Indicator**
 - D. d. Sentence Completion Tests**
- 4. What is the most frequently reported indicator of variability for interval or ratio data?**
 - A. Range**
 - B. Standard deviation**
 - C. Variance**
 - D. Sum of squares**
- 5. Is it essential for counselors to obtain informed consent from parents or legal guardians when counseling minors?**
 - A. Yes**
 - B. No**
 - C. Only in school settings**
 - D. Only with verbal agreement**

- 6. Which theory is most associated with irrational thoughts?**
- A. Gestalt therapy**
 - B. Reality therapy**
 - C. Rational emotive behavior therapy**
 - D. Cognitive therapy**
- 7. Which term describes the tendency for families to maintain their normal interactions unless disrupted?**
- A. Triangulation**
 - B. Homeostasis**
 - C. Circular causality**
 - D. Quid pro quo**
- 8. Which type of variable is manipulated in an experiment to observe its effect on another variable?**
- A. Dependent variable**
 - B. Independent variable**
 - C. Confounding variable**
 - D. Extraneous variable**
- 9. The process of assessing clients through multiple methods such as personality testing, observation, interviewing, and performance is known as what?**
- A. a. assessment of personality**
 - B. b. clinical assessment**
 - C. c. informal assessment**
 - D. d. mental status exam**
- 10. Which of the following is NOT a public law concerning testing practices?**
- A. No Child Left Behind (NCLB) Act of 2001**
 - B. Family Educational Rights and Privacy Act of 1974 (FERPA)**
 - C. Health Insurance Portability and Accountability Act (HIPAA)**
 - D. Child Abuse Prevention and Treatment Act (CAPTA)**

Answers

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

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Explanations

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1. Which of the following statements about prejudice is NOT TRUE?

- A. Involves making assumptions about an individual**
- B. It can have either positive or negative feelings attached to it, but negative prejudice is the most common type**
- C. It is closely related to oppression**
- D. It does not affect individuals of various genders, races, financial situation, and religions**

The statement indicating that prejudice can have either positive or negative feelings attached to it is true, as some individuals may hold favorable biases toward certain groups while still embodying negative attitudes toward others. However, while it is acknowledged that positive prejudice exists, it is indeed much more common for prejudice to manifest in negative forms, typically characterized by stereotyping and discrimination. The assertion that prejudice does not affect individuals across various genders, races, financial situations, and religions is a misconception. Prejudice can, in fact, impact individuals from all backgrounds, demonstrating its pervasive nature in society. Additionally, the relationship between prejudice and oppression highlights the systemic issues resulting from these biases. The statement that involves making assumptions about individuals accurately captures the essence of prejudice, as it fundamentally revolves around preconceived notions based on group identity. In summary, the chosen answer is deemed correct as it conflates the existence of positive prejudice with a generalization that sidelines the more prevalent negative forms and neglects to acknowledge the wide-reaching impacts of prejudice across diverse demographics.

2. Id, ego, superego, defense mechanisms, fixation, and the psychosexual theory of personality were all developed by:

- A. Erik Erikson**
- B. Abraham Maslow**
- C. Sigmund Freud**
- D. Konrad Lorenz**

The concept of the id, ego, and superego, along with defense mechanisms, fixation, and the psychosexual theory of personality, is fundamentally rooted in the work of Sigmund Freud. Freud, who is often referred to as the father of psychoanalysis, developed these theories as part of his broader understanding of human psyche and behavior. The id represents primal desires, the ego mediates between the id and reality, and the superego encompasses moral standards and ideals. Defense mechanisms are coping strategies that the ego utilizes to manage anxiety arising from internal conflicts between the id and superego. Fixation occurs when an individual becomes stuck at a particular stage of psychosexual development, which can influence their personality and behavior in adulthood. Freud's psychosexual stages of development, which include oral, anal, phallic, latency, and genital stages, are critical in understanding how personality develops according to his theory. Therefore, Freud's contributions are pivotal to the formulation of these foundational concepts in psychology.

3. All of the following are examples of objective personality tests EXCEPT:

- A. a. California Psychological Inventory, Form 434**
- B. b. Million Clinical Multiaxial Inventory, 3rd Edition**
- C. c. Myers-Briggs Type Indicator**
- D. d. Sentence Completion Tests**

The correct answer is that Sentence Completion Tests are not examples of objective personality tests. Objective personality tests are standardized assessments that use fixed response options, such as multiple-choice or true/false formats, allowing for easy scoring and interpretation. These tests aim to minimize the subjectivity involved in the assessment process. Sentence Completion Tests, on the other hand, are projective techniques. They require individuals to complete sentences based on their own feelings and thoughts, which allows for a broader range of responses and greater subjective interpretation. This indeterminate nature makes them distinct from objective tests, which rely on specific responses that can be quantified and analyzed systematically. In contrast, the California Psychological Inventory, the Million Clinical Multiaxial Inventory (3rd Edition), and the Myers-Briggs Type Indicator all provide structured response formats that align with the characteristics of objective personality assessments. These tools assess various dimensions of personality using standardized methods, thereby contributing to their classification as objective tests.

4. What is the most frequently reported indicator of variability for interval or ratio data?

- A. Range**
- B. Standard deviation**
- C. Variance**
- D. Sum of squares**

The most frequently reported indicator of variability for interval or ratio data is the standard deviation. Standard deviation provides a measure of the dispersion of a set of data points around their mean. It quantifies how much individual data points differ from the mean, offering meaningful insights into the data's spread. Standard deviation is particularly useful because it is expressed in the same units as the original data, making it straightforward to interpret. This characteristic allows practitioners to compare variability across different datasets directly. Additionally, it captures the effects of every value in the dataset, providing a comprehensive understanding of variability. In contrast, while the range measures the difference between the highest and lowest values, it only gives a limited view of variability as it does not consider how values are distributed between them. Variance, although related to standard deviation, is expressed in squared units, making its interpretation less intuitive for practical applications. The sum of squares is a component in calculating variance and standard deviation, but it does not serve as a direct measure of variability itself. Therefore, among these options, standard deviation emerges as the most appropriate and frequently utilized measure of variability for interval or ratio data.

5. Is it essential for counselors to obtain informed consent from parents or legal guardians when counseling minors?

A. Yes

B. No

C. Only in school settings

D. Only with verbal agreement

Obtaining informed consent from parents or legal guardians when counseling minors is essential because it is a legal and ethical requirement in most jurisdictions. Informed consent serves several important purposes: it ensures that parents or guardians are fully aware of the counseling process, the potential risks and benefits, and the nature of the therapist's approach. This practice not only respects the legal rights of the guardians but also fosters trust and communication between the counselor, the minor, and their family. Furthermore, informed consent helps families understand their role in the therapeutic process, which can support the child's progress in counseling. It also provides an opportunity for counselors to address any questions or concerns the guardians might have about the therapy, thereby promoting transparency and collaboration. In addition, the requirement for informed consent is a fundamental aspect of ethical counseling practice. Professional organizations, such as the American Counseling Association (ACA), emphasize the necessity of informed consent to protect the welfare and rights of clients, especially vulnerable populations such as minors. Thus, the correct answer reflects the prevailing standards in the field of counseling regarding informed consent.

6. Which theory is most associated with irrational thoughts?

A. Gestalt therapy

B. Reality therapy

C. Rational emotive behavior therapy

D. Cognitive therapy

Rational Emotive Behavior Therapy (REBT) is closely associated with irrational thoughts because it specifically focuses on identifying and challenging these thoughts to change emotional responses and behaviors. Developed by Albert Ellis, REBT posits that it is not the events in our lives that disturb us, but rather the beliefs we hold about those events. By recognizing these irrational beliefs—often characterized by demands, catastrophizing, and "should" statements—clients can learn to replace them with more rational, flexible, and positive thoughts. This process is believed to lead to healthier emotional outcomes and improved coping strategies. In the context of the other therapies mentioned, while they may address thoughts and behaviors, they do not emphasize the identification and restructuring of irrational thoughts to the extent that REBT does. Gestalt therapy focuses more on present awareness and experiences rather than belief systems. Reality therapy emphasizes making better choices and taking responsibility, often without delving into irrational beliefs. Cognitive therapy does address thoughts but is generally broader in its approach and may not specifically target irrational thoughts in the same explicit manner as REBT.

7. Which term describes the tendency for families to maintain their normal interactions unless disrupted?

- A. Triangulation**
- B. Homeostasis**
- C. Circular causality**
- D. Quid pro quo**

The term that describes the tendency for families to maintain their normal interactions unless disrupted is homeostasis. In the context of family systems theory, homeostasis refers to the balance that families strive to maintain in their interpersonal relationships and interactions. This balance allows families to operate within established patterns or norms, providing a sense of stability and predictability. When a disruption occurs, such as changes in dynamics or external stressors, families may respond to restore that equilibrium. Homeostasis underscores how families have a sort of internal regulation system that encourages the maintenance of certain communication patterns, roles, and behaviors. Thus, it is integral to understanding how families respond to stress and change while attempting to return to their previous functioning state. The other terms refer to different concepts. Triangulation involves a three-person dynamic where two members of a family may involve a third member to manage conflicts or to stabilize their relationship. Circular causality describes the idea that behavior within a family is interconnected, meaning that each member's actions influence one another in a cyclical manner. Quid pro quo refers to a mutually beneficial exchange, often seen in negotiation or transactional scenarios, rather than in the context of family dynamics. Understanding this distinction further reinforces why homeostasis is the most appropriate choice in this context.

8. Which type of variable is manipulated in an experiment to observe its effect on another variable?

- A. Dependent variable**
- B. Independent variable**
- C. Confounding variable**
- D. Extraneous variable**

In the context of an experiment, the independent variable is the factor that the researcher intentionally manipulates to examine its impact on the dependent variable. This manipulation is essential for establishing a cause-and-effect relationship between the variables. By systematically varying the independent variable, researchers can observe and measure changes in the dependent variable, thereby gaining insights into the interactions between different factors and the outcomes of interest. The role of the independent variable in an experiment is foundational. It establishes the framework for hypothesis testing, as variations in this variable should lead to predictable changes in the dependent variable. This direct manipulation allows researchers to control experimental conditions and to draw conclusions based on evidence gathered during the study. Understanding the distinctions among other types of variables reinforces the role of the independent variable. Confounding variables are factors that may inadvertently influence the dependent variable, while extraneous variables are other influences that researchers aim to control or eliminate to avoid biased results. The dependent variable, in contrast, is the outcome that is measured as it's expected to change in response to the manipulation of the independent variable.

9. The process of assessing clients through multiple methods such as personality testing, observation, interviewing, and performance is known as what?

- A. a. assessment of personality**
- B. b. clinical assessment**
- C. c. informal assessment**
- D. d. mental status exam**

The process of assessing clients through multiple methods such as personality testing, observation, interviewing, and performance is known as clinical assessment. This comprehensive approach allows counselors to gather a wide range of information about a client's psychological functions, behaviors, and needs. By integrating different assessment techniques, clinicians can obtain a more complete picture, which enhances the accuracy of diagnosis and the development of effective treatment plans. Clinical assessment is essential as it helps identify not only the presenting problems but also underlying issues that might not be immediately apparent. It facilitates a deeper understanding of the client, leading to tailored interventions that reflect the intricacies of their individual situations. In contrast, assessment of personality tends to focus primarily on specific traits and characteristics, often relying on standardized personality tests. Informal assessment typically involves less structured methods and is usually not as comprehensive or systematic. Mental status exams are specifically designed to assess a person's cognitive functioning and emotional state at a single point in time, rather than to provide a holistic view of the individual's psychological profile.

10. Which of the following is NOT a public law concerning testing practices?

- A. No Child Left Behind (NCLB) Act of 2001**
- B. Family Educational Rights and Privacy Act of 1974 (FERPA)**
- C. Health Insurance Portability and Accountability Act (HIPAA)**
- D. Child Abuse Prevention and Treatment Act (CAPTA)**

The Child Abuse Prevention and Treatment Act (CAPTA) primarily focuses on providing financial assistance to states for the development of programs designed to address child abuse and neglect. While it certainly plays a crucial role in the welfare of children, it does not specifically address testing practices in the education or mental health domains. In contrast, the No Child Left Behind Act relates directly to educational testing and accountability measures in public schools to ensure all students achieve proficiency. The Family Educational Rights and Privacy Act protects the privacy of student education records, thereby influencing how testing information is managed and shared. The Health Insurance Portability and Accountability Act addresses privacy and security of health information, including certain mental health records, which can also intersect with testing practices in the healthcare and counseling sectors. Thus, CAPTA does not pertain to public laws regarding testing practices, making it the correct response to the question posed.