

FTCE GUIDANCE AND COUNSELING PRACTICE TEST (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. Carl Jung's theory is associated with Analytical Psychology and what concept?**
 - A. Ego Psychology
 - B. Attachment Theory
 - C. Object Relations Theory
 - D. Analytical Psychology
- 2. Which term corresponds to the freedom to choose and act on our choices?**
 - A. Bad Faith
 - B. Existential Guilt
 - C. Authorship
 - D. Awareness
- 3. Which type of research is a logical and systematic way of answering the question 'If this is done under carefully controlled conditions, what will happen?'**
 - A. Action Research
 - B. Historical Research
 - C. Experimental and Quasi-Experimental Research
 - D. Descriptive Research
- 4. Stanine width is about half a standard deviation.**
 - A. True
 - B. False
 - C. Not applicable
 - D. Depends on norm group
- 5. BASIC ID includes seven areas of personality functioning. Which of the following is included?**
 - A. Spontaneity
 - B. Discipline
 - C. Interpersonal
 - D. Arousal

- 6. In reality therapy, which practice helps clients take responsibility for their actions?**
- A. Dream interpretation
 - B. Free association
 - C. Goal-setting and contracts
 - D. Transference
- 7. What is the primary goal of Behavior Therapy?**
- A. Replace negative learned behaviors with positive ones.
 - B. Identify unconscious conflicts.
 - C. Explore dream analysis.
 - D. Foster self-actualization.
- 8. Which statement best defines a standard score?**
- A. The raw score
 - B. The percentile rank
 - C. An indication of the distance between the raw score and the mean of the norm in terms of the standard deviation
 - D. The maximum possible score
- 9. Which concept describes a state of authenticity resulting from self-analysis and accepting who one is?**
- A. Congruence
 - B. Internal Source of Evaluation
 - C. Genuineness
 - D. Personal Power
- 10. Which term describes the negative feeling one has about oneself, which can be real or imagined?**
- A. Immediacy
 - B. Fictional Finalism
 - C. Inferiority Feelings
 - D. Motivational Modification

Answers

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

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Explanations

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1. Carl Jung's theory is associated with Analytical Psychology and what concept?

- A. Ego Psychology
- B. Attachment Theory
- C. Object Relations Theory
- D. Analytical Psychology**

Carl Jung's work is defined by Analytical Psychology, a framework that treats the psyche as a whole with rich emphasis on unconscious processes. This approach highlights how parts of ourselves reside below awareness and how we move toward wholeness through individuation—the ongoing integration of conscious and unconscious elements. Jung also introduces concepts like the collective unconscious and archetypes, which shape patterns across people. This stands apart from Ego Psychology, Attachment Theory, and Object Relations Theory, each of which comes from different theoretical lineages and focuses on other aspects of personality. The pairing here is Analytical Psychology because it is the label used for Jung's distinctive approach to understanding the mind.

2. Which term corresponds to the freedom to choose and act on our choices?

- A. Bad Faith
- B. Existential Guilt
- C. Authorship
- D. Awareness**

Awareness is the capacity that makes genuine choice possible. When you're truly aware, you recognize the different options before you and understand what each choice would entail, including its consequences and how it aligns with your values. That understanding creates the space in which you can deliberate and decide, rather than simply reacting to habits, pressures, or automatic responses. In existential terms, freedom isn't just about having the potential to act; it hinges on noticing and acknowledging those possibilities so you can choose authentically and then act on that choice. Without awareness, actions can feel determined or reflexive, and the freedom to shape your life isn't realized. While other concepts touch on aspects of choosing (like responsibility or guilt), awareness specifically underpins the capacity to recognize options and exercise volition, making it the best fit for describing the freedom to choose and act on our choices.

3. Which type of research is a logical and systematic way of answering the question 'If this is done under carefully controlled conditions, what will happen?'

- A. Action Research
- B. Historical Research
- C. Experimental and Quasi-Experimental Research**
- D. Descriptive Research

This item tests understanding of research designs that test causality by manipulating a variable under carefully controlled conditions and observing the outcome. That setup is the hallmark of experimental research, and when random assignment isn't possible, quasi-experimental designs are used to still compare groups under some level of control. Other approaches don't involve this kind of deliberate manipulation under controlled conditions: action research focuses on improving practice in real settings; historical research looks at past events; descriptive research describes phenomena as they exist without testing specific causal effects. So the description points to Experimental and Quasi-Experimental Research.

4. Stanine width is about half a standard deviation.

- A. True
- B. False
- C. Not applicable
- D. Depends on norm group**

Stanine scores are a nine-point scaled system that places equal-area segments of a norm-referenced distribution into nine bins. The boundaries between these bins are based on percentile cutpoints of the normative sample, not on fixed standard-deviation intervals. Because those cutpoints are derived from the actual shape of the norm group's distribution, the distance between stanines in standard-deviation units can vary. If the normative distribution is roughly normal, the widths may resemble about half a standard deviation, but this is only an approximation. For distributions that are skewed or have different dispersion, the actual SD width per stanine will shift. So, whether stanine width is about half a standard deviation depends on the norm group used to create the stanine scale. That's why the best answer is that it depends on the norm group.

5. BASIC ID includes seven areas of personality functioning. Which of the following is included?

- A. Spontaneity
- B. Discipline
- C. Interpersonal**
- D. Arousal

BASIC ID maps out seven dimensions of personality functioning, each capturing a different way a person experiences or regulates themselves in daily life. These domains are Behavior, Affect, Sensation, Imagery, Cognition, Interpersonal functioning, and Drugs (substance use). The Interpersonal area specifically looks at how a person relates to others—communication, relationships, social interactions, and patterns in how they connect with people. That's why Interpersonal is the best answer here: it represents one of the distinct areas included in BASIC ID. Spontaneity and discipline are aspects you might see within the behavior domain, and arousal often ties to affect or sensation, but they don't constitute separate domains within BASIC ID.

6. In reality therapy, which practice helps clients take responsibility for their actions?

- A. Dream interpretation
- B. Free association
- C. Goal-setting and contracts**
- D. Transference

Reality therapy centers on personal responsibility and choosing actions that meet needs in the present moment. The way this accountability is reinforced is through goal-setting and contracts. When a client and therapist set specific, achievable goals and formalize them in a contract that outlines what will be done, by when, and how progress will be measured, the client has a concrete plan and a commitment to follow through. This structure turns intentions into actions and makes responsibility for outcomes clear. Dream interpretation and free association come from other therapeutic traditions and focus on exploring unconscious material or past experiences rather than shaping present behavior and accountability. Transference is about the client's unconscious feelings toward the therapist, a phenomenon more linked to psychodynamic work than to promoting responsible action. So, goal-setting and contracts best foster the sense that the client is in control of their choices and their path to change.

7. What is the primary goal of Behavior Therapy?

- A. Replace negative learned behaviors with positive ones.
- B. Identify unconscious conflicts.
- C. Explore dream analysis.
- D. Foster self-actualization.

Behavior Therapy aims to change maladaptive behaviors by teaching and reinforcing adaptive ones through learning principles. It focuses on observable actions and the consequences that shape them, using techniques like reinforcement, punishment, modeling, shaping, and exposure to help individuals develop healthier responses in real situations. The emphasis is on practical, measurable change that can be observed and maintained over time. This contrasts with approaches that seek to uncover unconscious conflicts, interpret dreams, or emphasize self-actualization, which concentrate more on internal states, hidden motivations, or personal growth rather than directly modifying behavior through learned responses.

8. Which statement best defines a standard score?

- A. The raw score
- B. The percentile rank
- C. An indication of the distance between the raw score and the mean of the norm in terms of the standard deviation
- D. The maximum possible score

A standard score shows where a test score sits relative to the average of a norm group, expressed in units of the standard deviation. It's computed by subtracting the norm mean from the raw score and then dividing by the norm standard deviation. This standardizes scores so you can compare performance across tests or subtests that use different scales. Interpreting it, a score of zero sits at the mean; a positive value is above average, and a negative value is below average. The larger the magnitude, the farther away from the mean in standard deviation units the score lies. This is different from the raw score (the actual number correct), and from percentile ranks (which indicate the percentage of people below a score but don't convey distance from the mean in SD terms). It's also not the maximum possible score.

9. Which concept describes a state of authenticity resulting from self-analysis and accepting who one is?

- A. Congruence
- B. Internal Source of Evaluation
- C. Genuineness
- D. Personal Power

Genuineness is about being real and sincere, letting your true self show in what you think, feel, and do rather than putting on a facade. When someone engages in self-analysis and reaches a place of acceptance with who they are, this inner honesty typically appears outwardly as authentic behavior—they speak and act in a way that matches their true feelings and beliefs. That level of openness and lack of pretense is exactly what genuineness describes. Congruence, while related, focuses more on the alignment between one's self-concept and actual experience—an inner harmony—whereas the item emphasizes authentic behavior that flows from self-acceptance. The internal source of evaluation refers to relying on one's own standards, not necessarily authenticity in interactions, and personal power is about self-efficacy and control, not the authenticity of self-presentation.

10. Which term describes the negative feeling one has about oneself, which can be real or imagined?

- A. Immediacy
- B. Fictional Finalism
- C. Inferiority Feelings**
- D. Motivational Modification

Inferiority feelings describe a negative view of oneself that can be based on real shortcomings or imagined defects. In Adlerian psychology, this sense of inadequacy often motivates people to compensate through striving for superiority, approval, or success, and it shapes how they behave and relate to others. Recognizing these feelings helps a counselor understand a client's motivations and defense patterns, guiding effective support. The other terms don't fit as well: immediacy concerns addressing the here-and-now in the therapeutic relationship, fictional finalism refers to an imagined goal that guides behavior rather than the feeling of inadequacy itself, and motivational modification isn't a standard term for this concept.

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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:

<https://ftceguidanceandcounseling.examzify.com>

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

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