

# ILTS School Counselor (235) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. Which of the following statements describes the most important reason for a school counselor to engage in action research?**
  - A. Action research facilitates the data collection process.**
  - B. The counselor is able to examine the effectiveness of a given practice, program, or intervention.**
  - C. Action research uses multiple methods of assessment.**
  - D. The counselor is able to demonstrate professional expertise to the school community.**
- 2. What additional step would best enhance a middle school counselor's presentation on resisting peer pressure?**
  - A. Providing a contact method for further questions**
  - B. Sharing personal experiences of peer pressure**
  - C. Surveying parent knowledge on peer pressure**
  - D. Offering resources for further exploration of the topic**
- 3. What techniques are effective for conducting individual counseling sessions?**
  - A. Structured workshops and lectures**
  - B. Active listening, open-ended questions, and empathy**
  - C. Written assessments and standardized tests**
  - D. Group activities and peer competition**
- 4. What is the primary purpose of conducting career assessments in educational settings?**
  - A. To evaluate academic performance**
  - B. To help students develop social skills**
  - C. To assist students in making informed career decisions**
  - D. To organize student extracurricular activities**
- 5. Which aspect of cultural identity significantly affects career development?**
  - A. Individualist or collectivist orientation**
  - B. Communication norms and preferences**
  - C. Language or dialect**
  - D. Shared symbols and expression modes**

**6. How can a school counselor best promote effective teamwork in a committee addressing online harassment?**

- A. Directing activities with a predetermined plan**
- B. Observing without intervening in the process**
- C. Encouraging voting when there is no consensus**
- D. Sharing ownership by valuing members' unique insights**

**7. How can counselors effectively measure their program's success?**

- A. By ignoring feedback**
- B. Using surveys and academic performance data**
- C. Relying solely on personal observation**
- D. Focusing on anecdotal evidence**

**8. Which scenario best describes a triadic-dependent model of consultation?**

- A. A teacher relies on the counselor for help with a problem**
- B. Multiple individuals participate in solving a problem equally**
- C. A counselor synthesizes stakeholder input into an action plan**
- D. A counselor seeks help from a supervisor and applies advice**

**9. Which element is crucial for effective collaboration between school counselors and teachers?**

- A. Sharing information about student needs**
- B. Limiting communication**
- C. Working independently**
- D. Focusing solely on administrative tasks**

**10. Which of the following represents common mental health issues faced by students?**

- A. Sleep disorders and obesity**
- B. Anxiety, depression, and ADHD**
- C. Seasonal allergies**
- D. Physical injuries**

## **Answers**

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

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## **Explanations**

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**1. Which of the following statements describes the most important reason for a school counselor to engage in action research?**

- A. Action research facilitates the data collection process.**
- B. The counselor is able to examine the effectiveness of a given practice, program, or intervention.**
- C. Action research uses multiple methods of assessment.**
- D. The counselor is able to demonstrate professional expertise to the school community.**

Engaging in action research is primarily about evaluating and improving the practices, programs, or interventions that a counselor implements within a school setting. By focusing on examining the effectiveness of these approaches, the counselor can identify what works well and what needs adjustment based on concrete data and outcomes. This reflective practice not only enhances the counselor's own professional development but also ultimately benefits the students by ensuring that the support provided is based on evidence of effectiveness. While data collection, varied assessment methods, and showcasing professional expertise are valuable aspects of action research, the core purpose lies in the ability to assess and improve practices directly impacting students and the school community.

**2. What additional step would best enhance a middle school counselor's presentation on resisting peer pressure?**

- A. Providing a contact method for further questions**
- B. Sharing personal experiences of peer pressure**
- C. Surveying parent knowledge on peer pressure**
- D. Offering resources for further exploration of the topic**

Offering resources for further exploration of the topic is highly beneficial in enhancing a middle school counselor's presentation on resisting peer pressure. This approach empowers students by providing them with tools and information they can refer back to after the presentation. Resources such as pamphlets, websites, or book recommendations can help students continue learning about peer pressure, develop strategies to resist it, and understand its implications better. This not only reinforces the concepts discussed during the presentation but also encourages students to seek out and absorb additional information, fostering a deeper comprehension of the subject. While providing a contact method for further questions may be useful, it does not actively contribute to the students' knowledge or give them practical tools to use in their everyday lives. Sharing personal experiences may engage students, but it focuses primarily on the counselor's perspective rather than providing them with substantial resources. Surveying parent knowledge can be insightful but does not directly support the students in resisting peer pressure. Thus, providing additional resources is the most effective option for enhancing the presentation.

### 3. What techniques are effective for conducting individual counseling sessions?

- A. Structured workshops and lectures**
- B. Active listening, open-ended questions, and empathy**
- C. Written assessments and standardized tests**
- D. Group activities and peer competition**

The effectiveness of individual counseling sessions largely hinges on the counselor's ability to create a supportive and open environment for the client. Active listening, which involves fully concentrating, understanding, and responding thoughtfully to the client, fosters trust and encourages clients to express themselves freely. Open-ended questions are essential in this context because they prompt deeper reflection and allow clients to explore their feelings and thoughts more thoroughly, rather than providing simple yes-or-no responses. Empathy plays a crucial role in individual counseling as it helps build a strong rapport between the counselor and the client. When clients feel understood and validated in their experiences, they are more likely to engage in the therapeutic process. These techniques work synergistically to facilitate communication, promote client self-exploration, and support emotional healing. In contrast, structured workshops and lectures are more suited for group settings and do not provide the personalized interaction that individual counseling requires. Written assessments and standardized tests, while valuable in certain contexts, can limit the depth of understanding that comes from direct interaction. Lastly, group activities and peer competition are not appropriate for individual counseling, as they focus on interaction with others rather than the personal, introspective nature of one-on-one sessions.

### 4. What is the primary purpose of conducting career assessments in educational settings?

- A. To evaluate academic performance**
- B. To help students develop social skills**
- C. To assist students in making informed career decisions**
- D. To organize student extracurricular activities**

The primary purpose of conducting career assessments in educational settings is to assist students in making informed career decisions. Career assessments help students explore their interests, strengths, values, and preferences related to potential career paths. By understanding these aspects, students can better align their choices with careers that are likely to be satisfying and fulfilling. These assessments can provide essential insights that guide students as they consider various educational and career options, taking into account their individual aspirations and the skills they possess or may wish to develop. This supportive process is particularly important as students prepare to transition from school to the workforce or pursue higher education. While evaluating academic performance, developing social skills, and organizing extracurricular activities are also important aspects of a comprehensive educational program, they do not specifically focus on aiding students in determining suitable career paths, which is the central goal of career assessments.

## 5. Which aspect of cultural identity significantly affects career development?

- A. Individualist or collectivist orientation**
- B. Communication norms and preferences**
- C. Language or dialect**
- D. Shared symbols and expression modes**

The aspect of cultural identity that significantly affects career development is individualist or collectivist orientation. This is because an individual's worldview and priorities regarding their career can be deeply influenced by whether they come from an individualistic culture, which emphasizes personal achievements, self-reliance, and autonomy, or a collectivist culture, which values community, group goals, and interdependence. In individualistic cultures, people may be more driven to pursue careers that allow for personal expression and achievement, often prioritizing personal goals over communal ones. This can lead to a focus on personal branding, competition, and self-promotion in their career paths. On the other hand, individuals from collectivist cultures may seek careers that support the community or family, where collaborative work and social harmony are prioritized over individual success. This can influence not only their choices in career paths but also their networking strategies, decision-making processes, and overall career satisfaction. While communication norms and preferences, language or dialect, and shared symbols and expression modes certainly influence how individuals navigate their careers and interact in the workplace, the foundational cultural orientation (individualist vs. collectivist) broadly shapes one's values, motivations, and decisions regarding career development in a more overarching way. Understanding this aspect allows counselors to provide

## 6. How can a school counselor best promote effective teamwork in a committee addressing online harassment?

- A. Directing activities with a predetermined plan**
- B. Observing without intervening in the process**
- C. Encouraging voting when there is no consensus**
- D. Sharing ownership by valuing members' unique insights**

Sharing ownership by valuing members' unique insights is crucial in fostering effective teamwork, especially in a committee addressing online harassment. This approach empowers members by acknowledging their contributions, which can lead to more innovative solutions and a stronger commitment to the committee's goals. When members feel that their unique perspectives and experiences are valued, it encourages open communication and collaboration, essential for addressing complex issues like online harassment. Engaging members in meaningful discussions and encouraging them to share their thoughts not only enhances the collective knowledge of the group but also cultivates a sense of responsibility and accountability among committee members. This shared ownership helps in building trust and encourages a cohesive team environment where members are more likely to support each other and work collaboratively toward common objectives.

**7. How can counselors effectively measure their program's success?**

- A. By ignoring feedback**
- B. Using surveys and academic performance data**
- C. Relying solely on personal observation**
- D. Focusing on anecdotal evidence**

Using surveys and academic performance data is a robust approach for measuring the success of a counseling program. This method provides quantitative and qualitative insights that can be systematically analyzed. Surveys can gauge student satisfaction, perceived effectiveness, and areas needing improvement, while academic performance data helps to assess the direct impact of counseling initiatives on student outcomes such as grades, attendance, and behavioral changes. Collecting feedback through surveys allows counselors to understand the students' experiences and tailor their programs to better meet the needs of the school community. Additionally, relying on academic performance data enables counselors to track the progress of students over time and provide evidence of the program's effectiveness. This combination of data allows for a more comprehensive evaluation, ensuring that the program continually evolves and improves based on measurable results.

**8. Which scenario best describes a triadic-dependent model of consultation?**

- A. A teacher relies on the counselor for help with a problem**
- B. Multiple individuals participate in solving a problem equally**
- C. A counselor synthesizes stakeholder input into an action plan**
- D. A counselor seeks help from a supervisor and applies advice**

In the context of a triadic-dependent model of consultation, the scenario where a counselor seeks help from a supervisor and applies their advice exemplifies the interdependence inherent in this model. This approach emphasizes the relationship between three parties: the counselor, the supervisor, and the client (or the situation being addressed). It illustrates how the counselor relies on the supervisor's expertise and guidance to better serve the needs of the client. This model highlights the counselor's dependence on the supervisor to formulate strategies and interventions. By engaging in this consultative process, the counselor not only receives valuable insights but also learns how to navigate similar challenges in the future, ultimately enhancing their professional growth and effectiveness in addressing client needs. In comparison, the other scenarios represent different dynamics. While a teacher seeking assistance from a counselor indicates reliance, it doesn't encapsulate the triangular relationship typical of a triadic-dependent model. Multiple stakeholders contributing equally to problem-solving suggests a more collaborative approach, which contrasts with the classic dependency aspect. Lastly, a counselor synthesizing input into an action plan reflects a more autonomous role rather than one strictly reliant on another's guidance.

**9. Which element is crucial for effective collaboration between school counselors and teachers?**

- A. Sharing information about student needs**
- B. Limiting communication**
- C. Working independently**
- D. Focusing solely on administrative tasks**

Effective collaboration between school counselors and teachers is fundamentally rooted in the sharing of information regarding student needs. This element ensures that both parties have a comprehensive understanding of the circumstances, strengths, and challenges that individual students may face. By openly communicating relevant data, insights, and observations, counselors and teachers can better align their efforts to support students holistically. When information about student needs is shared, it fosters a unified approach to addressing academic, social, and emotional challenges. This collaboration is essential for developing tailored interventions, monitoring student progress, and implementing strategies that promote overall student well-being. Without this key element of communication and information sharing, the efficacy of collaborative efforts diminishes significantly, leading to fragmented support that may not meet the diverse needs of students.

**10. Which of the following represents common mental health issues faced by students?**

- A. Sleep disorders and obesity**
- B. Anxiety, depression, and ADHD**
- C. Seasonal allergies**
- D. Physical injuries**

The answer identifies anxiety, depression, and ADHD as common mental health issues faced by students, which is particularly relevant in a school setting. These conditions are frequently encountered among students and can significantly impact their academic performance, social interactions, and overall well-being. Anxiety disorders can manifest as excessive worry, fear, or panic, which may hinder students' ability to engage in classroom activities or participate in social situations. Depression can affect motivation, energy levels, and interest in schoolwork, leading to decreased academic performance and absenteeism. Attention-Deficit/Hyperactivity Disorder (ADHD) can lead to challenges with focus, impulsivity, and task completion, making it difficult for students to thrive in academic environments. The other options do not typically fit into the category of common mental health issues in the same way. Sleep disorders and obesity (first option) may be associated with overall health, but they do not directly represent mental health issues. Seasonal allergies (third option) are physical conditions that affect health but are not psychological or emotional disorders. Physical injuries (fourth option) relate to bodily harm and do not pertain to mental health. Hence, the selection of anxiety, depression, and ADHD accurately captures key mental health challenges that students often face.

# 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](mailto:hello@examzify.com).**

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

**<https://iltsschoolcounselor235.examzify.com>**

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

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