

NCTRC Grow Through Flow Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. Which part of the brain is most affected in individuals with a TBI resulting in personality changes?**
 - A. Occipital lobe**
 - B. Frontal lobe**
 - C. Temporal lobe**
 - D. Parietal lobe**

- 2. Which of the following is included in Activities of Daily Living as per the Rehabilitative Model?**
 - A. Participating in social events**
 - B. Accessing community resources**
 - C. Bathing and dressing**
 - D. Engaging in group therapy sessions**

- 3. Which term describes the perceived control over behavioral outcomes?**
 - A. Perceived freedom**
 - B. Learned helplessness**
 - C. Intrinsic motivation**
 - D. Attribution model**

- 4. According to Kolb's model of experiential learning, which of the following is the first step in the learning cycle?**
 - A. Reflect**
 - B. Conceptualize**
 - C. Act**
 - D. Apply**

- 5. What is a significant impact of Muscular Dystrophy on individuals?**
 - A. Increased social interactions**
 - B. Progressive wasting of muscle tissue**
 - C. Heightened physical agility**
 - D. Improved cognitive skills**

- 6. Which technique is crucial for creating a comfortable environment during an interview?**
- A. Maintaining eye contact**
 - B. Conducting the interview in a quiet, private location**
 - C. Using closed-ended questions**
 - D. Providing a detailed agenda**
- 7. Which of the following is NOT one of the four buffers to help manage stress with recreation and leisure?**
- A. Sense of competence**
 - B. Emotional dependence**
 - C. Nature and extent of exercise**
 - D. Leisure activity**
- 8. In client documentation, which is the appropriate way to correct a mistaken entry?**
- A. Circle the mistake and leave it**
 - B. Delete the word entirely**
 - C. Cross out with a horizontal line, write "error," and initial/date**
 - D. Paint over the entry**
- 9. Which body functions are affected by lumbar/sacral spinal injuries?**
- A. Vision and hearing**
 - B. Movement of the arms**
 - C. Bowel and bladder control**
 - D. Emotional regulation**
- 10. Which term refers to a standardized method for assessing an individual's performance compared to others?**
- A. Criterion referenced tests**
 - B. Standardized observation**
 - C. Skilled observation**
 - D. Specific goal observation**

Answers

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

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Explanations

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1. Which part of the brain is most affected in individuals with a TBI resulting in personality changes?

- A. Occipital lobe
- B. Frontal lobe**
- C. Temporal lobe
- D. Parietal lobe

The frontal lobe is crucial in regulating behavior, emotional responses, and personality traits. When a traumatic brain injury (TBI) impacts this area, individuals often exhibit significant personality changes, including increased impulsiveness, emotional instability, irritability, and difficulty with problem-solving and decision-making. This part of the brain plays a central role in the higher cognitive functions that shape personality and social behavior. Damage here alters an individual's ability to control impulses and process social interactions, leading to observable changes in how they engage with others and perceive themselves. The other lobes, while important for various functions such as visual processing (occipital lobe), auditory processing (temporal lobe), and sensory integration (parietal lobe), are less directly linked to personality. Changes in personality following a TBI are primarily associated with disruptions in the functioning of the frontal lobe, making it the area most affected in these cases.

2. Which of the following is included in Activities of Daily Living as per the Rehabilitative Model?

- A. Participating in social events
- B. Accessing community resources
- C. Bathing and dressing**
- D. Engaging in group therapy sessions

Activities of Daily Living (ADLs) refer to the fundamental tasks that individuals perform on a daily basis to care for themselves. These tasks typically include bathing, dressing, grooming, toileting, eating, and moving around. The correct answer, which includes "bathing and dressing," aligns directly with the definition of ADLs within the Rehabilitative Model. This model emphasizes the importance of independence in these basic self-care tasks as a critical component of rehabilitation. Focusing on ADLs ensures that individuals can manage their personal care and maintain dignity in their daily living, which is essential for overall well-being and independence. In contrast, the other options, while valuable for overall functioning and quality of life, do not fall under the fundamental category of ADLs. Participating in social events and accessing community resources are important for social engagement and community integration but represent instrumental activities of daily living (IADLs) rather than basic self-care tasks. Engaging in group therapy sessions, while beneficial for mental and emotional health, is also not categorized as an ADL, as it does not involve direct personal care.

3. Which term describes the perceived control over behavioral outcomes?

- A. Perceived freedom**
- B. Learned helplessness**
- C. Intrinsic motivation**
- D. Attribution model**

The term that describes the perceived control over behavioral outcomes is "perceived freedom." This concept relates to an individual's belief that they have the ability to make choices and influence the outcomes of their actions. When a person feels they have perceived freedom, they are likely to engage in behaviors more confidently as they believe their actions will lead to desired results. This sense of control can significantly impact motivation, decision-making, and overall well-being. Perceived freedom is particularly important in therapeutic and recreational settings, where individuals may be encouraged to take initiative in their activities, thereby enhancing their sense of agency and improving their experiences. The other concepts referenced do not accurately encapsulate this idea of perceived control. Learned helplessness, for instance, refers to a state where an individual feels unable to change their situation, often leading to a lack of motivation. Intrinsic motivation relates to engaging in activities for their own sake rather than for external rewards, and while it involves personal choice, it doesn't specifically address the aspect of perceived control over outcomes. The attribution model focuses on how individuals interpret causes of events, rather than their perceived control over those events.

4. According to Kolb's model of experiential learning, which of the following is the first step in the learning cycle?

- A. Reflect**
- B. Conceptualize**
- C. Act**
- D. Apply**

In Kolb's model of experiential learning, the first step in the learning cycle is to engage in a concrete experience. This involves actively doing something, which corresponds with the correct answer of "Act." The learner begins by experiencing an event or activity directly, which serves as the foundation for reflection and further learning. In the subsequent stages of Kolb's model, after engaging in an experience, learners reflect on that experience to gain insight, conceptualize their learnings to form abstract concepts, and finally apply what they have learned in different situations. This cyclical process helps learners deepen their understanding and integrates their learnings into future experiences. Understanding this structure emphasizes the importance of action as the starting point in a learning cycle, highlighting that direct involvement is critical for effective learning.

5. What is a significant impact of Muscular Dystrophy on individuals?

- A. Increased social interactions**
- B. Progressive wasting of muscle tissue**
- C. Heightened physical agility**
- D. Improved cognitive skills**

The significant impact of Muscular Dystrophy on individuals is the progressive wasting of muscle tissue. This condition is a genetic disorder characterized by the degeneration and weakness of skeletal muscles, which are responsible for movement. Over time, this progressive muscle loss can lead to challenges in performing daily activities, mobility, and overall physical strength. As the muscles continue to deteriorate, individuals often experience increasing disability and may require assistance for basic tasks. The other options do not accurately reflect the effects of Muscular Dystrophy. Increased social interactions may occur as individuals seek support and connection, but this is not a direct impact of the disease itself. Heightened physical agility and improved cognitive skills are generally not associated with Muscular Dystrophy; rather, the condition typically results in decreased physical abilities and does not directly enhance cognitive functions.

6. Which technique is crucial for creating a comfortable environment during an interview?

- A. Maintaining eye contact**
- B. Conducting the interview in a quiet, private location**
- C. Using closed-ended questions**
- D. Providing a detailed agenda**

Creating a comfortable environment during an interview is essential for fostering trust and open communication. Conducting the interview in a quiet, private location directly supports this goal by minimizing distractions and ensuring confidentiality. A serene setting allows the interviewee to feel more secure and at ease, which can encourage them to share information more freely. On the other hand, maintaining eye contact is important for establishing connection and rapport, but alone, it does not significantly influence comfort as the interview setting does. Using closed-ended questions may lead to brief responses and can limit the depth of the conversation. Providing a detailed agenda can help organize the interview but does not inherently address the overall comfort of the environment. Thus, ensuring that the interview takes place in a quiet, private location is the most crucial technique for creating a suitable atmosphere that promotes effective communication and emotional safety during the interaction.

7. Which of the following is NOT one of the four buffers to help manage stress with recreation and leisure?

- A. Sense of competence
- B. Emotional dependence**
- C. Nature and extent of exercise
- D. Leisure activity

The choice of emotional dependence as not being one of the four buffers to help manage stress through recreation and leisure is appropriate because it suggests a reliance on others for emotional support, which can complicate an individual's ability to cope with stress independently. In contrast, the other options focus on personal empowerment and active engagement in enjoyable experiences that promote well-being. Sense of competence relates to the feeling of mastery and achievement in activities, which can bolster self-esteem and reduce stress. Engaging in physical activity, as indicated by nature and extent of exercise, is known to release endorphins and promote mental health. Leisure activities themselves offer opportunities for relaxation, social connection, and positive distraction from stressors. Together, these elements contribute to individuals managing stress actively rather than depending on others, highlighting the importance of personal agency in recreational and leisure pursuits for effective stress management.

8. In client documentation, which is the appropriate way to correct a mistaken entry?

- A. Circle the mistake and leave it
- B. Delete the word entirely
- C. Cross out with a horizontal line, write "error," and initial/date**
- D. Paint over the entry

The appropriate way to correct a mistaken entry in client documentation involves crossing out the incorrect information using a horizontal line, writing the word "error," and then initialing and dating the correction. This method serves several important purposes in the context of maintaining accurate and reliable client records. Firstly, it ensures that the original entry remains legible, which is crucial for maintaining a complete and transparent record of the client's history. Documentation in a healthcare or therapeutic context needs to be precise, allowing for ongoing continuity of care and reference to past decisions and observations. Secondly, by marking the entry as an error and providing your initials and the date, you establish accountability for the correction. This practice complies with standard documentation protocols, which aim to uphold ethical standards and legal requirements regarding record-keeping. This method helps maintain the integrity of the documentation process by clearly indicating that a change has taken place, while also allowing anyone reviewing the record to understand what was wrong with the initial entry and how it has been rectified. The clarity offered by this approach is essential for best practices in therapeutic settings.

9. Which body functions are affected by lumbar/sacral spinal injuries?

- A. Vision and hearing**
- B. Movement of the arms**
- C. Bowel and bladder control**
- D. Emotional regulation**

Lumbar and sacral spinal injuries primarily affect the lower portions of the spinal cord, which play a crucial role in controlling bodily functions below the waist. One of the significant impacts of such injuries is on bowel and bladder control. This is because the nerves that regulate the function of these systems originate from the spinal cord segments in the lumbar and sacral region. Damage in this area can disrupt the signaling between the brain and these vital organs, leading to issues with sphincter control and the ability to empty the bladder and bowels adequately. Understanding the specific bodily functions affected by lumbar and sacral injuries helps in developing targeted therapeutic interventions and support strategies. Addressing these challenges is crucial for improving the quality of life for individuals with such injuries, highlighting the importance of this area of knowledge in rehabilitation and therapeutic recreation practices.

10. Which term refers to a standardized method for assessing an individual's performance compared to others?

- A. Criterion referenced tests**
- B. Standardized observation**
- C. Skilled observation**
- D. Specific goal observation**

The term that accurately describes a standardized method for assessing an individual's performance compared to others is standardized observation. This approach involves using consistent procedures and measures to evaluate how an individual performs in specific tasks or activities, allowing for comparisons with others. The structured nature of standardized observation ensures that all participants are assessed under the same conditions, which enhances the reliability and validity of the results. Standardized observation is critical in various settings, including educational and therapeutic environments, as it provides objective data that can inform decisions about instructional strategies, therapeutic interventions, or program effectiveness. By focusing on a consistent approach to gathering observational data, practitioners can make informed assessments and tailor interventions to meet the needs of individuals based on comparative performance metrics. In contrast, the other options relate to specific types or methods of assessment that do not emphasize standardization or comparison with a broader group, which is why they do not fit the question's criteria as effectively as standardized observation.

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://nctrcgrowthroughflow.examzify.com>

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

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