

OSAT - School Counselor (139) Practice Exam (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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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

- 1. What symptoms might suggest a person is dealing with panic disorder?**
 - A. Persistent happiness and joy**
 - B. Extreme relaxation during stressful situations**
 - C. Frequent feelings of intense fear without a clear cause**
 - D. High academic performance despite stress**
- 2. What type of group is formed in response to a traumatic event allowing students to express their feelings?**
 - A. Crisis-centered group**
 - B. Problem-centered group**
 - C. Growth-centered group**
 - D. Collaborative group**
- 3. Which of the following is a crucial skill for school counselors when working with students?**
 - A. Expertise in academic subject areas**
 - B. Effective communication and active listening**
 - C. Administrative skills for managing school records**
 - D. Program development for school-wide events**
- 4. What are the key principles of restorative justice in schools?**
 - A. Focusing on accountability**
 - B. Promoting healing rather than punishment**
 - C. Involving all stakeholders**
 - D. All of the above**
- 5. How should counselors approach sensitive topics with students?**
 - A. With care, sensitivity, and a non-judgmental attitude**
 - B. By avoiding the topics altogether**
 - C. With a confrontational approach**
 - D. By directing students to write about their feelings**

- 6. Which of the following is NOT a mental exercise to avoid stress?**
- A. Rehearsing potentially stressful situations**
 - B. Ignoring symptoms or feelings**
 - C. Keeping a journal to express feelings**
 - D. Putting the situation into perspective**
- 7. What is the purpose of baseline data in program evaluation?**
- A. To define a starting point for analysis**
 - B. To measure overall satisfaction of stakeholders**
 - C. To compare results against a similar program**
 - D. To determine the financial cost of the program**
- 8. Which method describes the stages of group development according to Tuckman?**
- A. Forming, structuring, performing, ending**
 - B. Forming, storming, norming, crisis, ending**
 - C. Forming, storming, norming, performing, adjourning**
 - D. Forming, unresting, facilitating, finishing**
- 9. How do school counselors aid students with learning disabilities?**
- A. By providing emotional support through peer counseling**
 - B. By coordinating accommodations and support through individualized plans**
 - C. By teaching curriculum adjustments within the classroom**
 - D. By offering after-school study sessions**
- 10. Which educational theorist is associated with the cognitive, affective, and psychomotor domains of learning?**
- A. Jean Piaget**
 - B. Howard Gardner**
 - C. Benjamin Bloom**
 - D. Lev Vygotsky**

Answers

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

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Explanations

1. What symptoms might suggest a person is dealing with panic disorder?

- A. Persistent happiness and joy**
- B. Extreme relaxation during stressful situations**
- C. Frequent feelings of intense fear without a clear cause**
- D. High academic performance despite stress**

The symptoms associated with panic disorder typically include episodes of intense fear or discomfort that arise unexpectedly and reach a peak within minutes. These episodes, known as panic attacks, are characterized by symptoms such as rapid heartbeat, sweating, trembling, feelings of choking, chest pain, nausea, dizziness, or a sense of impending doom. The identification of frequent feelings of intense fear without a clear cause aligns directly with the hallmark features of panic disorder. This suggests that a person is experiencing panic attacks, which can significantly affect their daily functioning and quality of life. In contrast, persistent happiness and joy, extreme relaxation during stressful situations, and high academic performance despite stress do not indicate the presence of panic disorder. These choices do not reflect the anxious or fearful symptoms characteristic of panic disorder, indicating positive coping mechanisms or emotional states rather than distress.

2. What type of group is formed in response to a traumatic event allowing students to express their feelings?

- A. Crisis-centered group**
- B. Problem-centered group**
- C. Growth-centered group**
- D. Collaborative group**

The group formed in response to a traumatic event that allows students to express their feelings is a crisis-centered group. This type of group is specifically designed to address the immediate emotional and psychological needs of individuals who have experienced trauma. In the context of a school setting, when students are faced with a crisis—such as a natural disaster, loss of a fellow student or staff member, or any significant traumatic event—this type of group provides a safe space for them to share their experiences, feelings, and reactions. The primary focus of a crisis-centered group is to facilitate healing and coping through open dialogue and support from peers and trained facilitators. Members can validate each other's feelings, learn coping strategies, and begin the process of recovery together. This environment is essential for helping students recognize that they are not alone in their feelings and that others are facing similar challenges. The other types of groups mentioned, such as problem-centered, growth-centered, and collaborative groups, do not specifically address the immediate emotional needs stemming from trauma. Problem-centered groups typically focus on resolving particular issues or challenges, growth-centered groups are oriented towards personal development and self-improvement, while collaborative groups involve teamwork on specific projects or goals. None of these options emphasize the critical emotional support and immediate response

3. Which of the following is a crucial skill for school counselors when working with students?

- A. Expertise in academic subject areas**
- B. Effective communication and active listening**
- C. Administrative skills for managing school records**
- D. Program development for school-wide events**

Effective communication and active listening are indeed crucial skills for school counselors when working with students. These skills enable counselors to build strong, trusting relationships with students, creating a safe environment where students feel comfortable sharing their thoughts and feelings. Active listening involves fully concentrating on what the student is saying, understanding their message, and responding thoughtfully, which helps in identifying issues and providing appropriate support. Through effective communication, counselors can convey empathy, understanding, and validation, which are essential for fostering a supportive atmosphere. This connection allows counselors to better understand students' needs, facilitate discussions about personal and academic challenges, and guide them in experiencing emotional growth. While expertise in academic subject areas, administrative skills, and program development are valuable in certain contexts, they do not have the same direct impact on a counselor's ability to engage with students on a personal level. The primary role of school counselors is to support students' social and emotional development, making communication and listening skills foundational to their effectiveness.

4. What are the key principles of restorative justice in schools?

- A. Focusing on accountability**
- B. Promoting healing rather than punishment**
- C. Involving all stakeholders**
- D. All of the above**

The principles of restorative justice in schools encompass several critical elements, making the comprehensive response the most suitable choice. Firstly, focusing on accountability is essential. In a restorative justice framework, the emphasis is on individuals taking responsibility for their actions and understanding the impact of their behavior on others. This promotes a sense of ownership over one's choices and encourages personal growth. Promoting healing rather than punishment is another foundational aspect of restorative justice. The goal is to restore relationships and repair harm through dialogue and understanding, rather than simply inflicting punitive measures. This healing process helps both the victim and the perpetrator move forward positively. Involving all stakeholders also plays a vital role in restorative justice. This means engaging not only the individuals directly affected by the wrongdoing but also the broader community, including parents, school staff, and other students. Their involvement fosters a collective approach to resolving conflicts and rebuilding a supportive environment. Considering these principles together illustrates why the inclusive answer is the most appropriate. Restorative justice seeks to create a more inclusive, empathetic school climate where accountability, healing, and community engagement work together to address conflicts and behavior issues effectively.

5. How should counselors approach sensitive topics with students?

- A. With care, sensitivity, and a non-judgmental attitude**
- B. By avoiding the topics altogether**
- C. With a confrontational approach**
- D. By directing students to write about their feelings**

Counselors should approach sensitive topics with care, sensitivity, and a non-judgmental attitude because this creates a safe and trusting environment for the student. When discussing difficult subjects, such as mental health issues, family problems, or personal crises, it's essential for counselors to demonstrate empathy and understanding. This approach encourages students to open up and share their feelings and experiences without fear of being judged or misunderstood. Using a non-judgmental attitude helps to foster a supportive relationship between the counselor and the student, allowing for effective communication and deeper exploration of the issues at hand. Moreover, when students feel that their counselor values their perspective and emotions, they are more likely to engage in the counseling process and work towards solutions. In contrast, avoiding sensitive topics can lead to unresolved issues, while a confrontational approach may increase anxiety or resistance in the student, causing them to withdraw further. Directing students to write about their feelings can have its place in therapy, but it is not an adequate substitute for the sensitive dialogue required to address complex emotional issues effectively.

6. Which of the following is NOT a mental exercise to avoid stress?

- A. Rehearsing potentially stressful situations**
- B. Ignoring symptoms or feelings**
- C. Keeping a journal to express feelings**
- D. Putting the situation into perspective**

The option stating the need to ignore symptoms or feelings is indeed not a mental exercise conducive to avoiding stress. In fact, ignoring symptoms can lead to an escalation of stress and anxiety. By not addressing feelings and symptoms, individuals may create additional internal conflict, which can exacerbate stress rather than alleviate it. On the other hand, the other options present valuable strategies for managing stress. Rehearsing potentially stressful situations helps prepare individuals to face challenges, reducing anxiety. Keeping a journal allows for the expression of feelings and can serve as a coping mechanism to process thoughts and emotions. Putting a situation into perspective encourages individuals to view stressors in a balanced way, potentially diminishing their impact. These approaches are proactive and constructive, focusing on engagement with emotions and stressors rather than avoidance.

7. What is the purpose of baseline data in program evaluation?

- A. To define a starting point for analysis**
- B. To measure overall satisfaction of stakeholders**
- C. To compare results against a similar program**
- D. To determine the financial cost of the program**

Baseline data serves as a foundational reference point that establishes the initial conditions or characteristics related to a specific program before any interventions are implemented. This starting point is crucial for evaluating the effectiveness of a program, as it allows stakeholders to measure how much change has occurred over time after the program is put into action. By collecting baseline data, evaluators can assess the impact of the program by comparing outcomes or changes against this reference point. This comparison is essential in determining whether the program has achieved its goals and how significant any observed changes are. Without such a baseline, it would be challenging to attribute any improvements directly to the program, as there would be no prior data against which to assess changes. In contrast, measuring stakeholder satisfaction, comparing results with another program, and determining financial costs, while important aspects of program evaluation, do not capture the core purpose of establishing a baseline. These elements contribute to a fuller understanding of the program's effectiveness but do not serve the foundational role of baseline data in tracking progress from a defined starting point.

8. Which method describes the stages of group development according to Tuckman?

- A. Forming, structuring, performing, ending**
- B. Forming, storming, norming, crisis, ending**
- C. Forming, storming, norming, performing, adjourning**
- D. Forming, unresting, facilitating, finishing**

Tuckman's model of group development is recognized for its comprehensive comprehension of the journey teams undergo as they work together. The stages include "forming," where members come together and start to understand their roles within the group. This is followed by "storming," which involves conflict and competition as group members assert their opinions and negotiate roles. Next is "norming," where members begin to resolve conflicts and establish norms for collaboration and communication. The "performing" stage is characterized by high levels of collaboration and productivity as the group works effectively toward its goals. Finally, "adjourning" acknowledges the conclusion of the group's project and the disbanding of the team. Understanding this sequential progression helps in facilitating more effective group dynamics and supporting members as they navigate through each phase.

- 9. How do school counselors aid students with learning disabilities?**
- A. By providing emotional support through peer counseling**
 - B. By coordinating accommodations and support through individualized plans**
 - C. By teaching curriculum adjustments within the classroom**
 - D. By offering after-school study sessions**

School counselors play a crucial role in supporting students with learning disabilities by coordinating accommodations and support through individualized plans. This process often involves creating and implementing Individualized Education Plans (IEPs) or 504 Plans, which are designed to provide specific strategies and resources tailored to meet the unique educational needs of students with learning disabilities. By working collaboratively with teachers, parents, and special education professionals, counselors ensure that students receive the appropriate accommodations that allow them to succeed in their academic environment. These accommodations may include modified assignments, extended time on tests, or the use of assistive technology. The counselor serves as an advocate for the student, ensuring that their learning needs are understood and met within the school system. This coordinated support is vital to helping students navigate their educational experiences, promoting their academic success and overall well-being. The role of the counselor in this context emphasizes the importance of structured and individualized support systems in fostering an inclusive educational atmosphere.

- 10. Which educational theorist is associated with the cognitive, affective, and psychomotor domains of learning?**
- A. Jean Piaget**
 - B. Howard Gardner**
 - C. Benjamin Bloom**
 - D. Lev Vygotsky**

The correct response is associated with Benjamin Bloom, who is renowned for his work in developing the taxonomy of educational objectives that classifies learning into three domains: cognitive, affective, and psychomotor. Cognitive domain pertains to mental skills and knowledge acquisition, the affective domain relates to emotional aspects and attitudes, and the psychomotor domain involves physical skills and manual tasks. Bloom's taxonomy has been instrumental in guiding educators in designing curricula and assessments that address various aspects of student learning and development, ensuring a more holistic approach to education. While other theorists mentioned have significantly contributed to educational psychology, their primary focus differs. Jean Piaget is best known for his stages of cognitive development, which emphasize how children think and learn. Howard Gardner is famous for his theory of multiple intelligences, proposing that individuals possess different kinds of intelligences. Lev Vygotsky is known for his sociocultural theory, which emphasizes the role of social interaction and cultural context in learning. Each of these theorists has made valuable contributions, but none encompass the comprehensive classification of learning domains as Bloom did.

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://osatschoolcounselor139.examzify.com>

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