

OSAT – SCHOOL COUNSELOR (139) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. What is considered the most effective method to reduce test-related stress for students?**
 - A. Increased study hours
 - B. Mindfulness meditation techniques
 - C. Avoidance of test-taking
 - D. Group study sessions
- 2. Why is collaboration with teachers important for school counselors?**
 - A. To enforce strict academic rules
 - B. To gain insights into student behavior and enable a more holistic approach to support
 - C. To discuss teacher strategies in isolation
 - D. To limit communication between students and parents
- 3. Why is group therapy considered helpful for those with eating disorders?**
 - A. It provides a competitive environment that encourages change
 - B. It allows individuals to express emotions freely without judgment
 - C. It ensures the student is safe from physical danger
 - D. It reduces the necessity for individual counseling sessions
- 4. 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
- 5. What role do counselors have in facilitating career exploration?**
 - A. Encouraging flexible thinking only
 - B. Providing resources and guidance for career paths
 - C. Restricting access to job opportunities
 - D. Evaluating student job applications

- 6. What does FERPA stand for, and what does it protect?**
- A. Family Educational Rights and Privacy Act; it protects the privacy of student education records
 - B. Federal Education Rights and Privacy Act; it ensures access to school facilities
 - C. Family Equal Rights and Privacy Act; it governs student behavior
 - D. Federal Education Reform and Participation Act; it manages curriculum
- 7. How can counselors support students during transitions, such as moving to a new school?**
- A. By ignoring their difficulties in transition
 - B. By offering orientation programs and personalized support during the adjustment period
 - C. By assigning them to a new counselor immediately
 - D. By scheduling less frequent meetings with them
- 8. What are potential clues that a student may drop out of school?**
- A. High grades and frequent participation in extracurricular activities
 - B. High absenteeism, dropping grades, and evidence of substance abuse
 - C. Strong parental support and high expectations from teachers
 - D. Active involvement in physical education programs
- 9. What is a key component of a comprehensive school counseling program?**
- A. Parent-teacher conferences
 - B. Data-driven decision-making
 - C. Extracurricular activities
 - D. Community outreach programs
- 10. Which of the following best represents an intermittent stressor?**
- A. Death of a loved one
 - B. Monthly bill payments
 - C. Continuous job loss
 - D. Long-term illness

Answers

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

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Explanations

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1. What is considered the most effective method to reduce test-related stress for students?

- A. Increased study hours
- B. Mindfulness meditation techniques**
- C. Avoidance of test-taking
- D. Group study sessions

Mindfulness meditation techniques are recognized as an effective method to reduce test-related stress for students due to their ability to promote relaxation and focus. Such techniques encourage individuals to engage with the present moment, helping to alleviate anxiety often linked to testing situations. When students practice mindfulness, they learn how to manage their stress responses and cultivate a sense of calmness. Techniques may include deep breathing exercises, guided imagery, or even mindful walking. Research has shown that these practices can lead to improved emotional regulation and resilience, which are critical during high-pressure academic situations like exams. This approach contrasts with increased study hours, which may lead to burnout. Avoidance of test-taking does not address the underlying stress and may exacerbate anxiety over time. Likewise, group study sessions can be beneficial for collaboration and information exchange, but they do not inherently reduce stress and may increase pressure depending on the group dynamics. Mindfulness effectively empowers students with coping strategies to handle stress more constructively.

2. Why is collaboration with teachers important for school counselors?

- A. To enforce strict academic rules
- B. To gain insights into student behavior and enable a more holistic approach to support**
- C. To discuss teacher strategies in isolation
- D. To limit communication between students and parents

Collaboration with teachers is vital for school counselors because it provides valuable insights into student behavior, academic performance, and emotional well-being. By working closely with teachers, counselors can gather information on how students are functioning in the classroom environment, which enhances their understanding of each student's needs. This comprehensive perspective allows counselors to develop a more holistic approach to support, addressing not just academic issues but also social and emotional aspects of student life. Engaging with teachers facilitates the development of coordinated strategies that benefit students, ensuring that support systems are aligned across different facets of a student's life. This teamwork enables school counselors to implement targeted interventions, provide timely resources, and create a nurturing school environment that promotes overall student success.

3. Why is group therapy considered helpful for those with eating disorders?

- A. It provides a competitive environment that encourages change
- B. It allows individuals to express emotions freely without judgment
- C. It ensures the student is safe from physical danger**
- D. It reduces the necessity for individual counseling sessions

Group therapy is considered beneficial for individuals with eating disorders primarily because it creates a space for individuals to express their emotions freely without judgment. This environment allows participants to share their experiences, struggles, and feelings related to their eating disorders with others who can relate to their challenges. It fosters a sense of community and understanding, reducing feelings of isolation that many individuals with eating disorders often experience. The support from peers encourages personal growth, accountability, and coping strategies, all of which are vital in the recovery process. In contrast, while safety is a critical concern in any therapeutic setting, the primary purpose of group therapy focuses on emotional support and interaction. The environment's structure is designed to facilitate open communication and self-expression. A competitive atmosphere is not conducive to healing and can actually exacerbate issues related to eating disorders. Furthermore, group therapy doesn't eliminate the need for individual sessions; rather, it often complements them by providing additional layers of support.

4. 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

5. What role do counselors have in facilitating career exploration?

- A. Encouraging flexible thinking only
- B. Providing resources and guidance for career paths**
- C. Restricting access to job opportunities
- D. Evaluating student job applications

Counselors play a crucial role in facilitating career exploration by providing resources and guidance for various career paths. This involves helping students identify their interests, skills, and values in relation to potential careers. Counselors often use assessment tools and provide information about different professions, educational requirements, and labor market trends, thus enabling students to make informed decisions about their future. This support goes beyond simply encouraging flexible thinking; it encompasses a broader range of activities, such as organizing career fairs, connecting students with internships, and offering workshops on resume writing and interview skills. By doing this, counselors empower students to explore a wide range of career options and find paths that align with their aspirations and capabilities. Such comprehensive guidance is essential for students as they navigate their educational and professional journey.

6. What does FERPA stand for, and what does it protect?

- A. Family Educational Rights and Privacy Act; it protects the privacy of student education records**
- B. Federal Education Rights and Privacy Act; it ensures access to school facilities
- C. Family Equal Rights and Privacy Act; it governs student behavior
- D. Federal Education Reform and Participation Act; it manages curriculum

FERPA stands for the Family Educational Rights and Privacy Act. This federal law primarily protects the privacy of student education records by giving parents and eligible students the right to access these records, request corrections to be made where appropriate, and limit the disclosure of personally identifiable information contained within them. The essence of FERPA is to safeguard the confidentiality of students' educational information and ensure that schools handle such information responsibly. In contrast, the other choices do not accurately represent the content or purpose of FERPA. They reference different acts or concepts that do not encapsulate the law's focus on educational record privacy or rights. Understanding FERPA is crucial for school counselors, as they must navigate and uphold these rights while supporting students and families in their educational journeys.

7. How can counselors support students during transitions, such as moving to a new school?

- A. By ignoring their difficulties in transition
- B. By offering orientation programs and personalized support during the adjustment period**
- C. By assigning them to a new counselor immediately
- D. By scheduling less frequent meetings with them

Counselors play a vital role in helping students navigate transitions, such as moving to a new school, by providing targeted support that addresses their unique challenges. Offering orientation programs is an effective strategy as it familiarizes students with their new environment, helping them feel more comfortable and reducing anxiety related to the unknown. Personalized support during the adjustment period further enhances this transition; it allows counselors to address individual needs, foster a sense of belonging, and provide resources specific to what the student may be facing, such as academic concerns or social integration. By engaging with students proactively and empathetically during this time, counselors can significantly ease the adjustment process, promoting overall emotional well-being and academic success. This approach acknowledges the potential difficulties students might encounter and empowers them with the tools and connections needed to thrive in a new educational setting.

8. What are potential clues that a student may drop out of school?

- A. High grades and frequent participation in extracurricular activities
- B. High absenteeism, dropping grades, and evidence of substance abuse**
- C. Strong parental support and high expectations from teachers
- D. Active involvement in physical education programs

The identification of potential clues that indicate a student may drop out of school is critical for school counselors and educators to intervene early. The correct choice highlights high absenteeism, declining grades, and evidence of substance abuse as significant warning signs. High absenteeism can reflect a lack of engagement or motivation, and it often correlates with a student's struggles or conflicts outside of school, such as personal issues or a challenging home environment. Dropping grades can signal academic difficulties or a diminishing effort due to various factors, potentially including emotional distress or unmet needs. Additionally, evidence of substance abuse is a serious concern that can have devastating effects on a student's academic performance and overall well-being, further increasing the risk of dropping out. In contrast, the other options present situations that typically suggest the opposite of disengagement. High grades and active participation in extracurricular activities, along with strong parental support and high teacher expectations, indicate a student who is likely thriving and engaged in school. Involvement in physical education programs also generally suggests a healthy and active student life, which tends to be associated with positive outcomes in terms of school retention and overall student success. Thus, the presence of absenteeism, declining academic performance, and substance abuse clearly represents a concerning trend that warrants attention and intervention.

9. What is a key component of a comprehensive school counseling program?

- A. Parent-teacher conferences
- B. Data-driven decision-making**
- C. Extracurricular activities
- D. Community outreach programs

A key component of a comprehensive school counseling program is data-driven decision-making. This approach involves utilizing data to inform practices, evaluate program effectiveness, and enhance student outcomes. By analyzing quantitative and qualitative data, school counselors can identify the needs of their students and make informed decisions regarding the resources and interventions necessary to support their developmental, academic, and social-emotional growth. Data-driven decision-making allows counselors to assess trends, monitor progress, and allocate resources efficiently. It ensures that the counseling program is not only tailored to meet the specific needs of the student population but also aligned with the overall educational goals of the school. This systematic approach to understanding the impact of counseling services fosters continuous improvement and accountability within the program. In contrast, while parent-teacher conferences, extracurricular activities, and community outreach programs all play important roles in the school environment, they are not specific essential components of a counseling program geared towards delivering comprehensive and systemic support based on data analysis and evidence-based practices.

10. Which of the following best represents an intermittent stressor?

- A. Death of a loved one
- B. Monthly bill payments**
- C. Continuous job loss
- D. Long-term illness

The choice of monthly bill payments as an intermittent stressor is appropriate because these payments occur at regular intervals, generally causing stress only at specific times each month. This pattern creates moments of stress rather than a continuous burden, as one can plan for these payments and manage their impact on daily life. Intermittent stressors are typically those that arise periodically, allowing individuals the opportunity to cope between occurrences. In contrast, other scenarios mentioned manifest different stress characteristics. The death of a loved one is often an acute stressor that can lead to prolonged periods of grief and lasting emotional strain. Continuous job loss represents a chronic stressor, contributing to ongoing anxiety and feelings of instability over time. A long-term illness also qualifies as a chronic stressor, imposing sustained challenges, emotional difficulties, and health concerns that extend over a prolonged period. Thus, monthly bill payments stand out as the one that is distinctly experienced in intervals, making it the best representation of an intermittent stressor.

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!

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