

RHODE ISLAND CERTIFIED PEER SPECIALIST (CPS) CERTIFICATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 statement demonstrates validation?

- A. Ted, your willingness to discuss this and desire for change are very evident and will serve you well.
- B. You should just calm down.
- C. I know exactly how you feel.
- D. If you stopped complaining, we could proceed.

2. Is suggesting medication the best way to support people with anxiety?

- A. True
- B. False
- C. It depends on the person
- D. Always refer to a clinician

3. What is a key reason for keeping accurate, timely documentation in CPS practice?

- A. It supports continuity of care
- B. It is optional and rarely checked
- C. It delays treatment planning
- D. It is primarily for personal records of the worker

4. Which type of statement is 'Ted, your willingness to discuss this and desire for change are very evident and will serve you well' ?

- A. Validating Statements
- B. Open-ended Question
- C. Directive
- D. Confrontation

5. If a CPSS is asked a question they cannot answer, what is the recommended approach?

- A. Avoid the question and change the subject.
- B. Provide an uncertain guess
- C. Not sure
- D. Acknowledge the limitation and offer to follow up.

- 6. Which of the following is an example of person-first language?**
- A. Consumer
 - B. Patient
 - C. Schizo-affective
 - D. Ralph
- 7. What is the purpose of clinical supervision for CPS?**
- A. To receive guidance, reflect on practice, ensure ethical standards, and support professional development
 - B. To monitor budget and finances
 - C. To evaluate client progress without supervisor input
 - D. To assign caseloads without supervision
- 8. It is the responsibility of the Peer Support Specialist to be sure that the people we serve never make mistakes.**
- A. TRUE
 - B. FALSE
 - C. Sometimes
 - D. Not applicable
- 9. What is a person-centered plan in CPS practice?**
- A. A plan co-created with the client that reflects their goals, strengths, and preferences.
 - B. A plan dictated by the agency policy.
 - C. A generic plan used for all clients.
 - D. A plan developed solely by the clinician.
- 10. Two things a person can do to increase their self-esteem are: Ask others what strengths they see in you and Remember past accomplishments.**
- A. Keep a strict routine
 - B. Wait for others to praise you
 - C. Ask others what strengths they see in you; Remember past accomplishments
 - D. Ignore feedback

Answers

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

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Explanations

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1. Which statement demonstrates validation?

- A. Ted, your willingness to discuss this and desire for change are very evident and will serve you well.
- B. You should just calm down.
- C. I know exactly how you feel.
- D. If you stopped complaining, we could proceed.

Validation is recognizing and affirming another person's feelings and experiences, showing that you hear them and that their perspective matters. In this statement, Ted's willingness to discuss the issue and his desire for change are acknowledged as real and meaningful, which validates his experience and supports his motivation to grow. It conveys empathy and respect for his process, rather than judging or steering him in a different direction. The other options tend to minimize, dismiss, or control the feelings involved—telling someone to calm down minimizes emotion; claiming to know exactly how they feel assumes shared experience; and suggesting that they stop complaining shifts responsibility away from listening and understanding. Validation builds trust and openness, which are essential in peer support.

2. Is suggesting medication the best way to support people with anxiety?

- A. True
- B. False
- C. It depends on the person
- D. Always refer to a clinician

The idea being tested is that medication should not be assumed to be the best or default way to support someone with anxiety. Medications can be helpful for some individuals, but they aren't the right solution for everyone or all situations. As a peer specialist, the strongest approach is to listen, validate the person's experience, and support them in making an informed, collaborative decision with a clinician. This means acknowledging a range of options—therapies like cognitive-behavioral or other evidence-based approaches, coping skills, sleep and stress-management strategies, and, when appropriate, medication determined by a clinician after a thorough evaluation. Your role is to empower the person, help them explore pros and cons, address concerns about side effects or interactions, and support them in following through with their chosen plan, while respecting their preferences and autonomy.

3. What is a key reason for keeping accurate, timely documentation in CPS practice?

- A. It supports continuity of care
- B. It is optional and rarely checked
- C. It delays treatment planning
- D. It is primarily for personal records of the worker

Keeping accurate, timely documentation in CPS practice supports continuity of care by ensuring every team member has an up-to-date, complete picture of the client's goals, progress, risks, and service plan. This shared record allows smooth transitions between providers and settings, helps coordinate supports, and informs decisions about treatment planning and crisis response. It also safeguards client safety and accountability, supports quality assurance, and meets agency and regulatory requirements for documentation and reimbursement. Documentation is not just personal notes or optional—it's essential for delivering consistent, informed care that aligns with the client's needs and the team's ongoing work.

4. Which type of statement is 'Ted, your willingness to discuss this and desire for change are very evident and will serve you well' ?

A. Validating Statements

B. Open-ended Question

C. Directive

D. Confrontation

A validating statement acknowledges and reflects what the person is feeling or experiencing in a nonjudgmental way. The line about Ted recognizes two positive aspects—his willingness to discuss the issue and his desire for change—and it affirmatively notes that these qualities are evident and will help him. This reinforces his sense of being understood, supports his confidence, and encourages him to keep engaging in the conversation and in the change process. Open-ended questions are invitations to continue talking and exploring (they typically end in a question). A directive tells someone what to do. A confrontation challenges or disputes the person's feelings. Those approaches don't provide the same sense of being understood and supported as a validating statement, which is why this option fits best.

5. If a CPSS is asked a question they cannot answer, what is the recommended approach?

A. Avoid the question and change the subject.

B. Provide an uncertain guess

C. Not sure

D. Acknowledge the limitation and offer to follow up.

Acknowledge the limitation and offer to follow up. When you can't answer a question, being honest about what you don't know helps maintain trust and safety in the peer relationship. Let the person know you don't have the information at hand, share any related information you can, and commit to finding the correct answer and getting back to them with accurate details. This often means connecting with the right resource or supervisor and providing a clear timeline for follow-up, while you document the conversation and keep confidentiality boundaries. Avoid guessing or deflecting, since guessing can spread misinformation and leaving it unresolved undermines support. This approach shows professional integrity and responsibility in peer support.

6. Which of the following is an example of person-first language?

A. Consumer

B. Patient

C. Schizo-affective

D. Ralph

Person-first language centers on recognizing the person before the condition. Using a term like "consumer" emphasizes the individual who uses mental health services, rather than defining them by their illness. This approach supports respect, autonomy, and a collaborative, recovery-focused stance. In contrast, "patient" centers medical status and can feel clinical or passive, while "schizo-affective" is a diagnostic label that reduces the person to a diagnosis. Calling someone by their name, like "Ralph," is respectful but doesn't illustrate the shift to language that foregrounds the person in relation to their condition. Therefore, "consumer" is the best example of person-first language.

7. What is the purpose of clinical supervision for CPS?

- A. To receive guidance, reflect on practice, ensure ethical standards, and support professional development
- B. To monitor budget and finances
- C. To evaluate client progress without supervisor input
- D. To assign caseloads without supervision

Clinical supervision in CPS practice provides a structured space to receive guidance, reflect on your experiences, ensure adherence to ethical standards, and support ongoing professional development. Through regular supervision, you gain feedback on how you interact with clients, refine your skills, and stay aligned with boundaries, confidentiality, and peer-support principles. It also supports your self-care and helps you manage complex cases, contributing to the quality and integrity of the work you do. Budget monitoring, evaluating client progress without supervisor input, and assigning caseloads without supervision fall outside this purpose. Those areas are administrative, lack the reflective and ethical oversight that supervision offers, or compromise safety and accountability.

8. It is the responsibility of the Peer Support Specialist to be sure that the people we serve never make mistakes.

- A. TRUE
- B. FALSE
- C. Sometimes
- D. Not applicable

Mistakes are part of the recovery journey, and no one can guarantee that a person we serve will never make a mistake. The Peer Support Specialist's role is to support, empower, and collaborate with individuals to reduce risk, build skills, and plan for safety. When errors occur, the focus is on empathy, reflection, and problem-solving—helping the person understand what happened, what they can do differently next time, and how to access needed supports. This approach respects autonomy and promotes growth rather than promising perfection. Saying the responsibility is conditional or uncertain doesn't fit the role, and promising that no mistakes will ever happen would be unrealistic and disempowering.

9. What is a person-centered plan in CPS practice?

- A. A plan co-created with the client that reflects their goals, strengths, and preferences.
- B. A plan dictated by the agency policy.
- C. A generic plan used for all clients.
- D. A plan developed solely by the clinician.

Person-centered planning in CPS practice is about co-creating a plan with the client that reflects their goals, strengths, and preferences. This approach puts the person's voice at the center, recognizing that recovery and well-being come from what the individual wants to achieve and how they want to be supported. By actively involving the client, the plan becomes tailored to their unique situation, values, and desired outcomes, and it can adapt as those goals change. It also embodies empowerment and collaboration, helping the client build capacity and take ownership of their path forward. Plans that are dictated by agency policy miss the client's input and may not fit their real-life needs. Generic plans used for everyone fail to honor individual differences and goals. Plans developed solely by a clinician exclude the client's perspective, reducing autonomy and engagement. The co-created, person-centered approach best aligns with respectful, recovery-oriented practice.

10. Two things a person can do to increase their self-esteem are: Ask others what strengths they see in you and Remember past accomplishments.

A. Keep a strict routine

B. Wait for others to praise you

C. Ask others what strengths they see in you; Remember past accomplishments

D. Ignore feedback

Two practical ways to grow self-esteem are to gather evidence of your strengths and to remind yourself of what you've already accomplished. Asking others what strengths they see in you helps reveal positive qualities you may overlook and provides validation for your abilities. Remembering past accomplishments gives you concrete proof of what you're capable of, which counters self-doubt and reinforces self-worth. Relying on others to praise you is passive, a strict routine doesn't directly boost self-esteem, and ignoring feedback blocks growth.

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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://ricps.examzify.com>

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

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