

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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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 of the following represents three positive outcomes of having positive self-esteem?**
 - A. Being dishonest, indecision, and fear of failure
 - B. Weak self-image, dependency, and avoidance
 - C. Disconnected from values and goals
 - D. Secure in making choices; Being honest; Building integrity
- 2. Which statement is a Five Recovery Pathway?**
 - A. Hope
 - B. Courage
 - C. Advice
 - D. Security
- 3. Which core value underpins CPS practice, emphasizing hope, empowerment, and collaborative goal setting?**
 - A. Recovery-oriented approach
 - B. Medical model
 - C. Paternalistic control
 - D. Individual therapy only
- 4. Which of the following is the best definition of metamood?**
 - A. Becoming aware of my emotions to steer people in the right direction.
 - B. Becoming able to steer people's feelings the right way regardless of self or others.
 - C. Becoming aware of my emotions and feeling empowered to steer them in a way that best serves myself and others.
 - D. Becoming aware of others' feelings.
- 5. Peer support is about being an expert at being an expert and that takes expertise.**
 - A. TRUE
 - B. Sometimes
 - C. Not sure
 - D. FALSE

- 6. Which of the following is an example of a reflective statement?**
- A. What I hear you saying is that you think you are boring and have no gifts.
 - B. I can remember a time when I felt no purpose and was able to get support to realize my potential.
 - C. I understand.
 - D. That's helpful; go on.
- 7. Which phrase is an example of a permission question?**
- A. Tell me more about that.
 - B. What do you want to do next?
 - C. Can I ask you a question?
 - D. Why do you think that happened?
- 8. Which approach best aligns with peer support principles?**
- A. Non-judgmental listening and validating feelings
 - B. Telling clients what to do and criticizing their choices
 - C. Minimizing concerns and brushing off feelings
 - D. Prioritizing personal experiences over client needs
- 9. When declining to share information with a parent about a minor client, which approach is valid?**
- A. Explain limits of confidentiality and obtain consent; use a release if necessary; involve guardian as appropriate per law
 - B. Share information as requested without consent
 - C. Decline to discuss the matter and end the session
 - D. Provide all information to the parent regardless of legality
- 10. Relating Statements and Empathy are core empowering interactions. Which option best describes this component?**
- A. Sharing parts of our own story
 - B. Demonstrating understanding and connection
 - C. Opening with a question
 - D. Providing information

Answers

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

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Explanations

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1. Which of the following represents three positive outcomes of having positive self-esteem?

- A. Being dishonest, indecision, and fear of failure
- B. Weak self-image, dependency, and avoidance
- C. Disconnected from values and goals
- D. Secure in making choices; Being honest; Building integrity**

Positive self-esteem supports making choices with confidence, being honest with others and yourself, and acting in a way that reflects your values over time. When you feel good about yourself, you trust your own judgment, aren't paralyzed by fear of failure, and can stand up for what's right. Honesty flows from valuing authenticity, so you speak truthfully and follow through on what you believe. Building integrity comes from consistently aligning your actions with your values, even when it's difficult or unpopular. That combination is exactly what the option describes: feeling secure in making choices, being honest, and building integrity. The other options reflect the opposite of positive self-esteem—dishonesty, indecision, fear, weak self-image, dependency, avoidance, or disconnect from values and goals.

2. Which statement is a Five Recovery Pathway?

- A. Hope**
- B. Courage
- C. Advice
- D. Security

Hope is one of the Five Recovery Pathways. It represents the belief that recovery is possible, which fuels motivation, persistence, and the willingness to engage in actions that lead to change. In peer support, sharing personal stories of overcoming challenges helps others see that recovery can happen for them too, reinforcing that hope. The other terms can play roles in recovery, but they aren't listed as one of the Five Recovery Pathways in this framework. Courage, for example, may appear as a personal quality used along the journey, while advice and security are important supports, but they're not identified as the pathways themselves.

3. Which core value underpins CPS practice, emphasizing hope, empowerment, and collaborative goal setting?

- A. Recovery-oriented approach**
- B. Medical model
- C. Paternalistic control
- D. Individual therapy only

Recovery-oriented approach is the best fit because CPS practice centers on hope, empowerment, and collaborative goal setting. It treats recovery as a shared journey where peers bring lived experience to support self-direction, validate strengths, and help individuals set and pursue their own goals with a sense of ownership. The other options don't align with how CPS work is designed to help people: the medical model focuses on diagnosis and clinician-led decisions; paternalistic control places decisions with others rather than the person receiving support; and focusing only on individual therapy excludes the peer support, community connections, and collaborative planning that are central to recovery.

4. Which of the following is the best definition of metamood?

- A. Becoming aware of my emotions to steer people in the right direction.
- B. Becoming able to steer people's feelings the right way regardless of self or others.
- C. Becoming aware of my emotions and feeling empowered to steer them in a way that best serves myself and others.**
- D. Becoming aware of others' feelings.

Metamood is about noticing your own mood states and having the power to steer them in ways that support both you and the people you work with. The best definition includes awareness of your emotions plus the ability to actively guide them toward outcomes that help yourself and others, rather than just trying to influence others or focusing only on others' feelings. For example, if you sense rising frustration during a peer-support interaction, metamood involves recognizing that feeling and choosing a response—like pausing, breathing, or reframing the situation—to stay calm and effectively support the person you're helping. The other options miss either the self-focused aspect or the ethical, collaborative aim: recognizing others' feelings alone is empathy, and trying to control or manipulate emotions (either of others or of yourself to steer them for someone else) goes beyond what metamood is about.

5. Peer support is about being an expert at being an expert and that takes expertise.

- A. TRUE
- B. Sometimes
- C. Not sure
- D. FALSE**

Peer support rests on shared lived experience and mutual empowerment, not on proving mastery as a so-called ultimate expert. A peer specialist uses their own recovery story to connect with others, validate what they're going through, and help them explore options, set goals, and find resources. The value comes from empathy, listening, and the ability to relate, while recognizing boundaries and knowing when to involve clinical professionals. It's not about being the most authoritative or specialized expert; it's about using personal experience to support someone's recovery journey and to empower their choices. That's why the statement is false—the essence of peer support isn't about being an expert at being an expert.

6. Which of the following is an example of a reflective statement?

- A. What I hear you saying is that you think you are boring and have no gifts.**
- B. I can remember a time when I felt no purpose and was able to get support to realize my potential.
- C. I understand.
- D. That's helpful; go on.

Reflective statements restate what the speaker has said in a way that captures both the content and the feelings behind it, showing you are truly listening and helping the person feel understood. The example uses a lead that mirrors the client's message: "What I hear you saying is..." and then paraphrases the belief about themselves—thinking they are boring and have no gifts. This directly reflects the person's experience and invites them to clarify or explore those feelings further, which is the core purpose of reflective listening in peer support. The other options don't fit reflective listening as well. Personal self-disclosure shares the listener's own experience, not the speaker's message. A simple acknowledgment like "I understand" is supportive but doesn't restate the speaker's exact words or feelings. A statement like "That's helpful; go on" is a prompt to continue, not a restatement of what was said.

7. Which phrase is an example of a permission question?

- A. Tell me more about that.
- B. What do you want to do next?
- C. Can I ask you a question?**
- D. Why do you think that happened?

Permission questions are statements that explicitly seek consent before proceeding with a next step in the conversation. The phrase "Can I ask you a question?" is the best example because it directly asks for permission to continue with a question, showing respect for the other person's comfort and boundaries. In peer support, this kind of courteous check-in helps create a safe, collaborative space. The other phrases invite further talk or prompt a different kind of response but don't specifically seek consent to continue with questioning. "Tell me more about that" invites additional information, "What do you want to do next?" asks about next actions, and "Why do you think that happened?" focuses on understanding rather than securing permission to speak.

8. Which approach best aligns with peer support principles?

- A. Non-judgmental listening and validating feelings**
- B. Telling clients what to do and criticizing their choices
- C. Minimizing concerns and brushing off feelings
- D. Prioritizing personal experiences over client needs

Peer support is about building a respectful, collaborative relationship where the person you're helping feels heard and affirmed. Non-judgmental listening and validating feelings show you accept their lived experience and support their autonomy. This approach creates safety, trust, and hope, which are essential for someone to explore their choices and progress in recovery. Telling clients what to do and criticizing their choices undermines empowerment and autonomy, making it harder for them to engage in their own recovery. Minimizing concerns or brushing off feelings invalidates their experiences, which can erode trust and openness. Focusing on your own experiences over the client's needs shifts the power dynamic away from the person seeking support and away from collaborative exploration.

9. When declining to share information with a parent about a minor client, which approach is valid?

- A. Explain limits of confidentiality and obtain consent; use a release if necessary; involve guardian as appropriate per law**
- B. Share information as requested without consent
- C. Decline to discuss the matter and end the session
- D. Provide all information to the parent regardless of legality

Confidentiality with a minor means protecting the young client's privacy while recognizing when you must involve a parent or guardian and follow the law. The best approach is to clearly explain what information stays confidential and what can be shared, obtain the minor's and guardian's consent when appropriate, and use a signed release of information when you need to disclose details to a parent. This approach respects the minor's privacy, supports trust, and ensures you're acting within legal requirements and agency policy. Sharing information without consent breaks confidentiality and can violate laws and ethics. Simply ending the session without discussing limits or safety neglects the need to involve the caregiver when appropriate. Providing all information to a parent regardless of legality ignores privacy rights and legal boundaries.

10. Relating Statements and Empathy are core empowering interactions. Which option best describes this component?

- A. Sharing parts of our own story
- B. Demonstrating understanding and connection**
- C. Opening with a question
- D. Providing information

Empathy in empowering interactions means tuning into the other person's feelings, reflecting them back, and showing you're with them in their experience. The best description is demonstrating understanding and connection because it captures the essence of empathy: you acknowledge what the person is feeling, validate it, and build a trusting, collaborative relationship. This helps the person feel seen and supported, which is central to empowerment. Sharing parts of our own story can help rapport, but it centers the helper rather than the person's experience, which can dilute the empathic connection. Opening with a question is a useful technique, yet it doesn't by itself convey understanding or validation. Providing information is important in guidance, but the moment of conveying empathy is about acknowledging feelings and creating connection, not delivering facts.

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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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