

SOCIETY AND CULTURAL ISSUES PRACTICE TEST (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. Tracking curricula tend to do what in relation to disparities?**
 - A. Entrench inequality
 - B. Reduce disparities
 - C. Eliminate poverty
 - D. No effect
- 2. Which statement reflects the social model of disability?**
 - A. Disability is a medical defect to fix
 - B. Accessibility is unnecessary
 - C. Barriers are societal
 - D. Disability is a personal tragedy
- 3. Which of the following is NOT one of Cross' assumptions about a culturally competent care system?**
 - A. It acknowledges culture as a predominant force in shaping behaviors and values.
 - B. It understands the dignity of the person requires the preservation of the dignity of his/her people.
 - C. It reflects the validity and superiority of the thought patterns of Western peoples.
 - D. It views the family as necessary to understanding the individual.
- 4. What is body politics and what does it study?**
 - A. The regulation of bodies through law, medicine, and media, reflecting power relations across gender, race, and sexuality
 - B. It studies only body aesthetics
 - C. Body politics is mainly about sports
 - D. Body politics is an obscure field with little social relevance
- 5. Which statement best describes the impact of language on access to education for linguistic minorities?**
 - A. Dominant Languages Confer Social Capital and Advantages in Education; Linguistic Minorities May Face Barriers
 - B. Language Has No Impact
 - C. All Languages Have Equal Access
 - D. Linguistic Minorities Always Have More Opportunities

- 6. Which policy best promotes local resilience in the context of globalization?**
- A. Supporting local agriculture, nutrition programs, and food safety standards
 - B. Providing subsidies to large agribusiness only
 - C. Removing all agricultural subsidies
 - D. Prohibiting local farmers from selling in markets
- 7. De jure versus de facto segregation: which statement is accurate?**
- A. Segregation is mandated by global treaties.
 - B. De jure segregation is legally mandated; de facto results from social practices and circumstances, creating segregation without laws.
 - C. Segregation is created by government policy alone.
 - D. Segregation that results from social practices and circumstances rather than laws.
- 8. Soft power is best described as which form of influence?**
- A. Soft power is influence through culture and values, such as international cinema or education that shapes perceptions and preferences.
 - B. Military intervention.
 - C. Economic sanctions.
 - D. Territorial expansion.
- 9. Approximately _____ percent of clients of color do not return for a second counseling session.**
- A. 15
 - B. 25
 - C. 50
 - D. 75
- 10. What is intangible cultural heritage?**
- A. Physical artifacts only
 - B. Not tied to culture
 - C. Practices, expressions, know-how
 - D. Government buildings

Answers

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

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Explanations

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1. Tracking curricula tend to do what in relation to disparities?

- A. Entrench inequality
- B. Reduce disparities
- C. Eliminate poverty
- D. No effect

Tracking curricula sort students into groups by perceived ability, and this tends to magnify existing inequalities rather than reduce them. When students in higher tracks get access to more challenging coursework, advanced classes, and stronger college-prep support, while those in lower tracks face simpler material, fewer resources, and limited opportunities for college admission, the gaps in achievement and future prospects widen. Over time, these effects compound, affecting grades, test scores, college options, and earnings, which is why this practice tends to entrench inequality. The other options don't fit because tracking does more than have no effect; it actively alters outcomes in ways that typically increase disparities, and education alone doesn't eradicate poverty.

2. Which statement reflects the social model of disability?

- A. Disability is a medical defect to fix
- B. Accessibility is unnecessary
- C. Barriers are societal
- D. Disability is a personal tragedy

In this view, disability comes from the barriers created by society, not from the person's impairment. What matters are the obstacles people face in the environment—things like stairs without ramps, inaccessible information or services, and attitudes or policies that exclude certain groups. Because removing or reducing those barriers lets people participate more fully, the statement that barriers are societal best captures this perspective. Think of it this way: even if someone has a medical condition, their ability to participate is shaped by how welcoming and navigable the world is for them. The other common views describe disability as a medical defect to fix, or as a personal tragedy, or deny the need for accessibility—those reflect different ways of understanding disability, not the social model's emphasis on changing society to remove barriers.

3. Which of the following is NOT one of Cross' assumptions about a culturally competent care system?

- A. It acknowledges culture as a predominant force in shaping behaviors and values.
- B. It understands the dignity of the person requires the preservation of the dignity of his/her people.
- C. It reflects the validity and superiority of the thought patterns of Western peoples.
- D. It views the family as necessary to understanding the individual.

Cross's approach to culturally competent care emphasizes recognizing that culture strongly shapes beliefs and behaviors, honoring the dignity of the person as connected to the dignity of their broader cultural group, and involving family as a key part of understanding an individual. It rejects ethnocentric judgments that claim one culture's ideas are superior to others. The statement that a culturally competent system should reflect the validity and superiority of Western thought patterns runs counter to this, as it promotes cultural superiority rather than respect for diverse cultural perspectives. The other statements align with the idea that culture matters in shaping behavior, that dignity extends to the person's broader community, and that family plays a crucial role in understanding the individual.

4. What is body politics and what does it study?

- A. The regulation of bodies through law, medicine, and media, reflecting power relations across gender, race, and sexuality
- B. It studies only body aesthetics
- C. Body politics is mainly about sports**
- D. Body politics is an obscure field with little social relevance

Body politics examines how power structures regulate bodies—who is allowed to use, modify, or even value certain bodies, and under what rules. It looks at how institutions like law, medicine, and media shape what bodies are considered normal, healthy, desirable, or deviant, and how these judgments are connected to larger social hierarchies such as gender, race, sexuality, and disability. The best description captures this governance aspect: bodies are regulated through law, medical practices, and media representations, and these regulations reflect and reinforce unequal power relationships across gender, race, and sexuality. For example, laws about reproductive rights show how the state controls bodies; medical systems can medicalize certain bodies while pathologizing others; media often dictates which body types are valued or normal. Other options miss this focus on governance and power. Limiting the idea to aesthetics ignores how institutions shape bodies; framing it as mainly about sports narrows the field to one domain; and calling it obscure undervalues its real social relevance.

5. Which statement best describes the impact of language on access to education for linguistic minorities?

- A. Dominant Languages Confer Social Capital and Advantages in Education; Linguistic Minorities May Face Barriers**
- B. Language Has No Impact
- C. All Languages Have Equal Access
- D. Linguistic Minorities Always Have More Opportunities

Language shapes access to education because the language used for instruction often aligns with the dominant group in a society. When the language of schooling is the language students already speak at home, they can follow lessons more easily, participate in class, understand assessments, and develop literacy skills quickly. This creates social capital within the school—networks, prestige, and smoother navigation of curricular expectations—which translates into better educational outcomes and more opportunities later on. Linguistic minorities, however, frequently encounter barriers. If their home language isn't the language of instruction, they may struggle to grasp concepts, complete assignments, or perform well on tests designed around the dominant language. They may also face fewer qualified teachers who can teach in their language, limited access to instructional materials, and potential biases or stigmas that affect engagement and confidence. These structural hurdles can widen gaps in achievement and access to higher levels of education. That's why the statement describing the impact as having advantages for those fluent in the dominant language and barriers for linguistic minorities best captures the real dynamics of language and education. The other ideas—language not affecting access, all languages enjoying equal access, or minorities always having more opportunities—don't fit actual patterns of how language use and policy shape educational experiences.

6. Which policy best promotes local resilience in the context of globalization?

- A. Supporting local agriculture, nutrition programs, and food safety standards**
- B. Providing subsidies to large agribusiness only
- C. Removing all agricultural subsidies
- D. Prohibiting local farmers from selling in markets

The question tests how to strengthen the ability of a local food system to withstand and adapt to globalization's shocks. Local resilience means communities can still feed themselves and maintain livelihoods when external markets falter—through diverse local production, dependable access to food, and safe, nutritious options. Supporting local agriculture, nutrition programs, and food safety standards best promotes this resilience because it directly builds local capacity. By backing local farmers, communities keep food production close to home, which reduces dependence on distant suppliers and shortens supply chains. Nutrition programs ensure vulnerable populations have reliable access to healthy food, strengthening social safety nets. Food safety standards build trust in locally produced goods, so people continue to buy and rely on local foods even during external market disruptions. Together, these policies create a stronger, more self-sufficient local system that can better absorb and adapt to global pressures. In contrast, subsidizing only large agribusiness can centralize control and raise risks if a few big players face trouble, potentially weakening local diversification and autonomy. Removing all subsidies removes a buffer that helps small farmers stay viable, which can undermine local production. Prohibiting local farmers from selling in markets shuts down the primary channel for local food distribution and incomes, directly weakening local resilience.

7. De jure versus de facto segregation: which statement is accurate?

- A. Segregation is mandated by global treaties.
- B. De jure segregation is legally mandated; de facto results from social practices and circumstances, creating segregation without laws.**
- C. Segregation is created by government policy alone.
- D. Segregation that results from social practices and circumstances rather than laws.

The main idea is the difference between law-driven segregation and segregation that happens in everyday life. De jure segregation is segregation that is legally mandated or enforced by government policy. De facto segregation happens in practice due to social patterns, housing markets, economic disparities, and private discrimination, so it can exist without any explicit laws. The accurate statement combines these two: de jure is legally mandated, while de facto results from social practices and circumstances, creating segregation without laws. Historical examples show this clearly—formal laws requiring separation existed in the past, while ongoing neighborhood and school segregation often persisted due to private choices and market forces even after those laws were gone. The other options misrepresent the issue by overemphasizing law, denying the role of social factors, or incorrectly invoking global treaties.

8. Soft power is best described as which form of influence?

- A. Soft power is influence through culture and values, such as international cinema or education that shapes perceptions and preferences.**
- B. Military intervention.
- C. Economic sanctions.
- D. Territorial expansion.

Soft power works by attracting others and earning legitimacy, rather than forcing them to comply. It operates through culture, values, and ideas that shape what people and governments want or believe is desirable. When a country's films, education systems, or shared values resonate internationally, they can influence other nations' preferences and policies because others find that culture or set of ideals appealing and worth emulating. That's why the description focusing on influence through culture and values that shape perceptions and preferences is the best fit. In contrast, methods like military action, sanctions, or territorial expansion rely on coercion or pressure—these are hard power tools, not soft power.

9. Approximately _____ percent of clients of color do not return for a second counseling session.

- A. 15
- B. 25
- C. 50**
- D. 75

Engagement and retention for clients from racial and ethnic minority groups are crucial topics in counseling. The idea here is that a substantial portion of these clients don't come back after the first session, with about half not returning for a second encounter. This pattern highlights real barriers beyond the initial contact. Several factors contribute to this drop-off. Historical and ongoing experiences of discrimination and bias can erode trust in the mental health system. Clients may worry about confidentiality, worry about stigma within their communities, or have beliefs about therapy that don't align with standard Western approaches. Practical barriers—cost, transportation, childcare, and inflexible scheduling—also play a big role. Additionally, a lack of cultural or linguistic matching between therapist and client, plus therapists who may not incorporate culturally relevant concepts or practices, can make the initial session feel less relevant or comfortable. Understanding these dynamics helps explain why retention is often lower for clients of color. For counselors, the takeaway is the importance of building trust early, conducting culturally responsive assessments, and co-creating a treatment plan that respects the client's cultural values and beliefs. Providing language-concordant services, offering flexible scheduling or teletherapy, reducing practical barriers, and actively seeking client feedback can all improve engagement. When care feels culturally sensitive and accessible, clients are more likely to continue with sessions, leading to better outcomes.

10. What is intangible cultural heritage?

- A. Physical artifacts only
- B. Not tied to culture
- C. Practices, expressions, know-how
- D. Government buildings

Intangible cultural heritage refers to the living ways people express and pass on their culture, not to physical objects. It includes practices (like traditional dances or ceremonies), expressions (stories, songs, languages), and know-how (craft techniques, culinary methods, traditional skills) that communities transmit from generation to generation. Because it's lived and shared through participation, it can evolve while remaining tied to a community's identity. The other options describe tangible or non-cultural things: physical artifacts are objects you can touch; something not tied to culture misses the cultural connection; government buildings are physical sites, not the living, transmitted knowledge and expressions that define intangible heritage. So the best description is practices, expressions, and know-how.

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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://socandculturesissues.examzify.com>

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

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