

Quiz 2026 Fantastic CCE Global CPCE Exam Test

CPCE Exam Outline

Content Categories	Questions
1. Professional Counseling Orientation and Ethical Practice	20
2. Social and Cultural Diversity	20
3. Human Growth and Development	20
4. Career Development	20
5. Counseling and Helping Relationships	20
6. Group Counseling and Group Work	20
7. Assessment and Testing	20
8. Research and Program Evaluation	20

Time limit: 3 hours and 45 minutes

Total questions: 160

Question format: Multiple-choice

Delivery format: Computer-delivered

Mometrix TEST PREPARATION

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CCE Global Counselor Preparation Comprehensive Examination (CPCE) Sample Questions (Q42-Q47):

NEW QUESTION # 42

Super developed the life rainbow primarily to emphasize that

- A. all life roles are integrated with one another.

- B. positive self-concept is necessary for vocational choice.
- C. an individual has many occupational choices.

Answer: A

Explanation:

Super's life rainbow is a model illustrating the multiple life roles individuals occupy (such as student, worker, citizen, parent) and how these roles are integrated and interact throughout the lifespan. The primary focus is on the interconnectedness of various life roles and their impact on career development.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Niles, S. G. & Harris-Bowlsbey, J. (2016). Career Development Interventions.

NEW QUESTION # 43

A counselor administers a test twice to the same client and obtains very similar scores. This is an example of

- A. Validity
- B. Inter-rater reliability
- C. Test-retest reliability

Answer: C

Explanation:

Test-retest reliability refers to the consistency of a test over time; when a test is administered to the same person on two different occasions and yields similar results, it demonstrates high test-retest reliability. This indicates stability of measurement across time.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Groth-Mamat, G. (2009). Handbook of Psychological Assessment.

NEW QUESTION # 44

What research term refers to the degree to which a study can establish a causal relationship between the independent and dependent variables, while ruling out alternative explanations for the study results?

- A. interrater reliability
- B. internal consistency
- C. internal validity

Answer: C

Explanation:

Internal validity is the extent to which a study can demonstrate a causal relationship between variables and rule out other possible explanations for the observed outcomes. High internal validity means the changes in the dependent variable are due to manipulation of the independent variable.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Roysse, D., Thyer, B. A., & Padgett, D. K. (2016). Program Evaluation: An Introduction.

NEW QUESTION # 45

What positive self-care strategy can counselors incorporate to prevent their work stress and burnout?

- A. depersonalization
- B. mindfulness
- C. countertransference

Answer: B

Explanation:

Mindfulness is an evidence-based self-care strategy that counselors can use to reduce stress, prevent burnout, and promote overall well-being. Mindfulness involves being present and fully engaged in the moment without judgment, which can improve emotional regulation and resilience to workplace challenges. Depersonalization and countertransference are not self-care strategies; in fact, they are potential negative effects of burnout and stress.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics (2014).

NEW QUESTION # 46

Which of the following is person-centered task of a counseling group leader?

- A. helping group members satisfy their basic needs
- **B. facilitating group members' honest and meaningful interactions**
- C. navigating group members' resistance to behavior change

Answer: B

Explanation:

A key person-centered task for group leaders is facilitating honest and meaningful interactions among group members. This approach, rooted in the work of Carl Rogers, focuses on creating a safe and accepting environment that encourages authenticity and personal growth.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2016). Theory and Practice of Group Counseling (9th Edition).

NEW QUESTION # 47

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