

# NCE-ABE Valid Test Topics - New NCE-ABE Exam Notes

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## NCE EXAM 1 QUESTIONS AND ANSWERS 2023/2024 UPDATE

Acculturation level is influenced by  
number of years in the new country, country of origin, age at the beginning of  
acculturation process. Which part of the brain is least developed at birth  
Forebrain

The \_\_\_\_\_ was passed in response to the U.S.S.R.'s launching of Sputnik and sought to  
increase the number  
of trained counselors in secondary schools to raise the number of students enrolled in higher  
education that were pursuing math and science careers

National Defense Education Act (NDEA)

Wellness is  
a state of complete well being - physical, cognitive, and psychological.

\_\_\_\_\_ is the name of the ACA division dedicated to group  
work. Association for Specialists in Group Work

The concept of a free appropriate public education (FAPE) is  
associated with IDEA

This 19th century pioneer is credited with recognizing that mental retardation was related  
to developmental deficiencies rather than mental illness

Jean Esquivel

The \_\_\_\_\_ design requires random assignment  
true experimental design

Parents of a minor client demand to be informed by the counselor about what the  
client is talking about during counseling sessions. In this situation the first thing the  
counselor should do is  
explain the importance of confidentiality to the parents and if they still insist, try to seek  
release from the child before disclosing any information to the parent.

A person's genetics and biology make a  
person's race

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### **NBCC National Counselor Examination Sample Questions (Q94-Q99):**

#### **NEW QUESTION # 94**

Feminist counselors suggest that:

- A. Women have socially acknowledged equality.
- B. Women can be empowered by men.
- C. One must understand the relationship with one's mother to obtain any lasting change.
- D. **Individual counseling can be used as a tool of social change.**

#### **Answer: D**

Explanation:

Feminist counseling emphasizes how social, political, and cultural structures contribute to client distress, especially for women and other marginalized groups. A core idea is that personal problems are often rooted in systemic oppression, and therefore counseling is not only about individual change but also about social transformation.

Option C reflects this: feminist counselors view individual counseling as a potential tool of social change by helping clients recognize oppressive systems, develop critical consciousness, and become empowered to challenge inequities in their lives and communities.

\* A focuses narrowly on the mother relationship, which is more aligned with psychodynamic approaches, not feminist theory.

\* B is incorrect because feminist counseling explicitly recognizes that women do not have full social equality.

\* D conflicts with feminist principles, which stress self-empowerment and mutual empowerment, rather than empowerment being bestowed by a more powerful group (e.g., men).

This fits within Areas of Clinical Focus, where counselors must understand theoretical orientations that address power, oppression, gender roles, and social justice in clinical work.

#### **NEW QUESTION # 95**

A counseling researcher must examine the contemporary history, differential mortality, pretesting procedures, statistical regression, and other variables in order to determine which type of validity of an experimental design?

- A. External
- B. Content
- C. Construct
- D. **Internal**

#### **Answer: D**

Explanation:

In the Professional Practice and Ethics domain, counselors are expected to understand basic research concepts so they can evaluate the quality of studies and apply findings responsibly. When a researcher examines factors such as:

\* History (events occurring between pretest and posttest),

\* Differential mortality (attrition of participants from groups),

\* Pretesting procedures (testing effects),

\* Statistical regression (regression toward the mean),

they are evaluating threats to internal validity.

Internal validity (Option C) refers to the degree to which changes in the dependent variable can confidently be attributed to the independent variable, rather than to extraneous or confounding factors. Examining these threats is central to determining how well the experimental design supports cause-and-effect conclusions.

Why the other options are incorrect:

\* A. Content validity - Concerns whether a measure adequately samples the domain of content it is supposed to cover (e.g., whether a test of math skills adequately represents the math curriculum), not the design's vulnerability to history or mortality threats.

\* B. External validity - Involves the generalizability of findings to other populations, settings, and times, not the internal threats listed.

\* D. Construct validity - Refers to whether a test or procedure actually measures the theoretical construct it purports to measure, not the impact of history, testing effects, or attrition on experimental outcomes.

NBCC-aligned counselor work behaviors emphasize that ethically responsible practitioners must be able to critically evaluate research methods, including recognition of internal validity threats, to determine how much confidence to place in study results they might use to inform practice.

#### NEW QUESTION # 96

Piaget's studies of the cognitive growth of children are an example of which of the following types of research?

- A. Correlational
- B. Historical
- C. Causal-comparative
- D. Descriptive

**Answer: D**

Explanation:

Counselors are expected to understand major developmental theories and the research methods that support them. Piaget's classic work on children's cognitive development relied primarily on systematic observation and description of how children think at different ages. He observed children's responses to tasks and carefully recorded how their thinking changed over time, building a stage model from these observations rather than from statistical tests of relationships between variables.

This type of work is best classified as descriptive research, which focuses on portraying characteristics or developmental patterns of individuals or groups without manipulating variables or inferring cause-and- effect relationships.

By contrast:

\* Correlational research (B) studies the degree of relationship between variables (e.g., how two measured variables co-vary).

\* Causal-comparative research (C) compares existing groups to look for possible causes after the fact (ex post facto).

\* Historical research (D) analyzes past events using records and documents.

Knowledge of how foundational theories like Piaget's were developed supports the counselor's ability to critically understand human development-an important Area of Clinical Focus in professional counseling practice.

#### NEW QUESTION # 97

Your client had a setback in the treatment for anxiety. You note that the client's reactions were less intense than in the past, and you review how the client changed their thought process for getting through bouts of anxiety. What would you cite as the reason for the decrease in intensity?

- A. Counselor's emotional support
- B. Collaborative goal-setting
- C. Using an acquired skill
- D. Time heals all wounds

**Answer: C**

Explanation:

The scenario highlights that:

\* The client changed their thought process during anxious episodes.

\* Their reactions were less intense than before.

This indicates the client is applying a coping or cognitive skill learned in counseling—for example, cognitive restructuring, grounding, or other anxiety-management techniques. That is using an acquired skill (B).

\* A. Collaborative goal-setting is important early in treatment but does not itself explain why symptom intensity decreased.

\* C. Counselor's emotional support can be helpful, but the change described is specifically tied to the client's own cognitive work, not simply emotional support.

\* D. Time heals all wounds ignores the active, skill-based nature of counseling progress.

NBCC Counselor Work Behavior Areas emphasize helping clients develop, practice, and generalize skills so that they can independently manage symptoms-exactly what is described here.

#### NEW QUESTION # 98

The statistical index that reflects the average distance of scores from the mean is the:

- A. Range.
- **B. Standard deviation.**
- C. Standard score.
- D. Correlation coefficient.

**Answer: B**

Explanation:

In assessment, counselors are expected to understand basic statistics used to interpret test scores. The standard deviation is the measure that indicates, on average, how far individual scores fall from the mean of a distribution. It is a key index of variability around the average.

- \* When the standard deviation is small, scores cluster closely around the mean.
- \* When it is large, scores are more spread out.

Thus, option C. Standard deviation is correct.

Why the others are incorrect:

- \* A. Correlation coefficient measures the degree and direction of relationship between two variables, not the average distance from the mean.
- \* B. Range is the difference between the highest and lowest score; it is a simple measure of spread but does not reflect the average distance of scores from the mean.
- \* D. Standard score (e.g., z-score, T-score) is a transformed score that indicates how far an individual score lies from the mean in standard deviation units, but it is not the name of the variability index itself.

Knowledge of how to interpret scores using concepts like the mean and standard deviation is part of Intake, Assessment and Diagnosis, as counselors must interpret test results accurately to inform case understanding and decision-making.

**NEW QUESTION # 99**

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