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## CPCE Practice Exam | 160 Actual Questions and Answers | Updated 2024

**C - Answer** Self concepts are individuals' perception of who they are, their attributes and traits. Stabilization of one's self concept  
a. typically occurs during the pre school years  
b. is completed by early adolescence  
c. may be influenced by cultural and family factors  
d. seldom stabilizes in one's lifetime

**D - Answer** Which of the following is NOT a neurotransmitter which facilitates messages between neurons?  
a. dopamine  
b. serotonin  
c. acetylcholine  
d. atropine

**A - Answer** The view that children begin their development as a blank slate has been identified by John Locke as...  
a. tabula rasa  
b. plasticity  
c. resiliency  
d. genotype

**D - Answer** According to Erikson, young adults seek close relationships with others but fear that doing so would mean giving up independence. Erikson called this tension  
a. adaptation vs. accommodation  
b. formal vs. concrete development  
c. autonomy vs. shame and doubt  
d. intimacy vs. isolation

**C - Answer** Justin's family moved to a new school district in October of the school year. His teacher noticed that although his verbal skills were well developed, he was not particularly interested in interacting and playing with other children his age. Justin seemed preoccupied with anything with wheels and would try to

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### CCE Global Counselor Preparation Comprehensive Examination (CPCE) Sample Questions (Q87-Q92):

#### NEW QUESTION # 87

In motivational interviewing, the counselor primarily uses:

- A. Direct advice giving
- **B. Reflective listening**
- C. Confrontation

**Answer: B**

Explanation:

Motivational interviewing centers on using reflective listening to evoke client motivation for change, emphasizing empathy and client autonomy rather than confrontation or direct advice.

Reference: Miller, W. R., & Rollnick, S. (2013). *Motivational Interviewing*; Helwig, A. A. (2020). *CPCE Study Guide and Review*.

#### NEW QUESTION # 88

What cultural implication would a therapist need to be mindful of, when providing services to a Chinese exchange student trying to adjust to life in an American family?

- **A. acculturation**
- B. marginalization
- C. discrimination

**Answer: A**

Explanation:

Acculturation refers to the process by which individuals from one culture adjust to and adopt aspects of another culture, often when living in a new country. A therapist must be mindful of the acculturation process, as the student may experience challenges balancing their original cultural identity with the expectations and norms of the American family. "Acculturation is a central concern when individuals from one culture adapt to a new cultural environment, which can impact emotional adjustment and identity." Reference: Helwig, A. A. (2020). *CPCE Study Guide and Review*; Gladding, S. T. (2018). *Counseling: A Comprehensive Profession* (8th Edition).

#### NEW QUESTION # 89

What career choices would a client potentially choose if Holland's assessment identified them as having an "artistic" personality type?

- **A. photography, writer, graphic designer**
- B. accountant, doctor, financial advisor
- C. engineer, software developer, mechanic

**Answer: A**

Explanation:

According to Holland's Theory of Vocational Choice, individuals with an "artistic" personality type are creative, expressive, and prefer unstructured environments where they can use their imagination. They are drawn to artistic pursuits such as art, music, writing,

and design. Suitable career options typically include roles like photographer, writer, or graphic designer, rather than careers that are conventional, investigative, or realistic.

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

#### NEW QUESTION # 90

The members of a group that has advanced to the working stage often express a high degree of belonging and loyalty to the group. This behavior most closely resembles what group counselors refer to as

- A. allegiance.
- B. fidelity.
- C. cohesion.

**Answer: C**

Explanation:

Cohesion refers to the sense of solidarity, belonging, and loyalty that develops among members of a group, particularly in the working stage of group counseling. High group cohesion is associated with increased member participation, trust, and effectiveness of the group process. "Group cohesion is the sense of 'we-ness' that binds members together and is essential in the working stage of group counseling." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2016). Theory and Practice of Group Counseling (9th Edition).

#### NEW QUESTION # 91

What is the function of mirror neurons during infancy?

- A. to imitate the behaviors that infants see and observe in others
- B. to release growth hormones and enhance the infant's physical and motor skill development
- C. to enhance the infant's ability to think and pay attention

**Answer: A**

Explanation:

Mirror neurons are specialized brain cells that activate both when an individual performs an action and when they observe the same action performed by someone else. In infancy, mirror neurons are crucial for imitation, allowing infants to learn new behaviors and skills by watching others. This process is foundational to social learning and the development of communication and empathy.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Santrock, J. W. (2018). Life-Span Development.

#### NEW QUESTION # 92

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