

NCE-ABE Test Cram Review, Test NCE-ABE Question

NCE PRACTICE EXAM 2023 TEST QUESTIONS AND ANSWER COMPLETE LATEST MATERIAL

1. Susie is playing with blocks and is trying to build a tower; she tries but cannot build a tower. Susie's mother helps her build a four-block tower. Later, Susie builds a four-block tower without her mother's help. According to Vygotsky, the inability to build the tower on her own is known as: - ANS The zone of proximal development (this is a range of tasks that are too difficult for children to do alone, but possible with help)

According to Erickson, when an individual fails to develop a strong sense of identity, the individual will have troubles with the development of: - ANS Intimacy (individuals who fail to attain a lower level of development will fail to attain the next higher level).

Which of the following is the correct sequence of stages in Freud's theory of personality development? - ANS Oral, anal, phallic, latency, genital

Jacob's father tells Jacob to clean his room. When Jacob asks why, his father responds, "Because I said so." The father's response is most representative of which parenting style? - ANS Authoritarian (uses coercion and psychological control to discipline children)

Harry Harlow used baby monkeys and several different kinds of "surrogate mothers" to investigate which factors are important in early development and attachment. According to his findings, baby monkeys: - ANS Preferred a soft terry cloth mother to a wire mesh mother than holds a bottle.

Which of the following is a myth about suicide in the United States? - ANS Asking someone about suicide may push that person over the edge.

Cody does what his parents say because he doesn't want to lose his television privileges.
This is an example of what level in Kohlberg's theory of moral development? - ANS Preconventional (the individual is most concerned with consequences)

Josie likes to play peek-a-boo with her little brother, Jack. According to Piaget, Jack finds this game fun because he has acquired _____, which is one of the primary tasks of the sensorimotor stage of cognitive development. - ANS Object permanence

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NBCC National Counselor Examination Sample Questions (Q136-Q141):

NEW QUESTION # 136

During an intake session, a client reports persistent worry, muscle tension, difficulty concentrating, and excessive anxiety occurring more days than not for the past six months. What is the most appropriate preliminary diagnostic impression?

- A. Acute Stress Disorder
- B. Panic Disorder
- C. Generalized Anxiety Disorder
- D. Somatic Symptom Disorder

Answer: C

Explanation:

The counselor's role in intake and assessment includes identifying symptom patterns, duration, and functional impairment to form a preliminary diagnostic impression. Persistent and excessive worry occurring for at least six months, accompanied by symptoms such as muscle tension and difficulty concentrating, is characteristic of Generalized Anxiety Disorder. Counselors must evaluate duration, symptom clusters, and context to differentiate GAD from other anxiety- or stress-related conditions.

NEW QUESTION # 137

When establishing short- and long-term treatment goals, it is important that they are consistent with which client factor?

- A. Internal consistency
- B. Past goals
- C. Counselor's expertise
- D. Current diagnosis

Answer: D

Explanation:

In the Counseling and Helping Relationships core area, counselors are trained to develop treatment plans and goals that are grounded in a clear understanding of the client's presenting concerns, assessment data, and diagnostic impressions.

* Treatment goals should flow logically from the client's current diagnosis and presenting problems as identified through assessment and clinical formulation. This ensures that interventions are appropriate, evidence-informed, and clinically justified for the condition being treated.

* Past goals may provide historical context but should not dictate current treatment if the client's situation, functioning, or diagnosis has changed.

* Internal consistency is a psychometric concept usually referring to the reliability of items within an assessment instrument, not a direct client factor used to anchor treatment goals.

* Counselor's expertise is important ethically (practice within competence), but it is not a client factor; treatment goals must prioritize the client's needs and diagnosis, not simply what the counselor is most comfortable doing.

Because treatment goals in professional counseling are expected to be aligned with the client's current diagnosis and presenting clinical picture, the best answer is B (Current diagnosis).

NEW QUESTION # 138

Which of the following best describes the relationship between aging and intellectual functioning?

- A. Intellectual functioning does not change in the later years, as older people can learn just as well as others.
- B. Intellectual functioning declines, as reflected by reduced learning capacity in older people.
- C. The consistent use of cognitive skills decreases the likelihood of intellectual decline.
- D. Cognitive ability decreases as memory increases due to diminishing storage capacity.

Answer: C

Explanation:

In the Human Growth and Development core area, CACREP emphasizes understanding typical and atypical development across the lifespan, including cognitive changes in later adulthood.

Research summarized in NCE-aligned materials shows that:

* Some aspects of cognitive functioning (such as processing speed and some problem-solving tasks) may decline with age.

* Other aspects, particularly crystallized abilities (like vocabulary and accumulated knowledge), are relatively stable.

* Regular use of cognitive skills—such as reading, problem-solving, learning new activities, and staying mentally engaged—is associated

with better preservation of intellectual functioning and reduced risk or slower onset of decline.

Option A overstates decline and implies that older adults have broadly reduced learning capacity, which is not accurate. Option B incorrectly suggests no change at all in intellectual functioning. Option C is conceptually incorrect.

Option D reflects the widely referenced "use it or lose it" pattern, which is consistent with CACREP-based lifespan development content: staying mentally active can decrease the likelihood or speed of intellectual decline.

Thus, the best answer in line with Human Growth and Development principles for the NCE is D.

NEW QUESTION # 139

Within the context of Minuchin's theory of family counseling, standards that govern behavior in families are determined primarily by

- A. Socioeconomic status
- B. Family hierarchy
- C. Genetics
- D. **Family norms**

Answer: D

Explanation:

In Counseling and Helping Relationships, especially in systemic and family counseling, Minuchin's structural family therapy focuses on:

- * Family structure (patterns of interaction),
- * Subsystems,
- * Boundaries,
- * Rules and norms that govern behavior.

The "standards that govern behavior" in a family-what is acceptable, expected, or prohibited-are best described as family norms (Option B). These norms shape how members interact, how power is distributed, and how roles are carried out.

* Family hierarchy (D) is one important aspect of structure (who has authority over whom), but the broader phrase "standards that govern behavior" aligns more directly with norms and rules across the whole family system.

* Genetics (A) and socioeconomic status (C) may influence the family, but they are not Minuchin's primary explanatory construct for behavioral standards.

Thus, B. Family norms is the best answer.

NEW QUESTION # 140

In addition to observing a client for signs and symptoms, what other information should counselors identify when determining a diagnosis?

- A. Length of time in counseling
- B. Client's view of the problem
- C. **Existence of functional disturbances**
- D. Client's goals for counseling

Answer: C

Explanation:

Within the Assessment and Testing core area, CACREP notes that diagnosis is not based only on signs and symptoms, but also on the impact on functioning. In line with diagnostic standards (e.g., DSM), counselors must determine whether symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

* Therefore, beyond symptom observation, counselors must assess for functional disturbances-how the client's life, work, school, or relationships are being affected.

Length of time in counseling (B), client's goals (C), and client's view of the problem (D) are clinically important, but they are not the core additional criterion for diagnosis. Diagnostic decisions hinge on both symptom patterns and functional impairment, making A the correct answer.

NEW QUESTION # 141

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