



CPCE Counseling Exam Prep

Free Practice Test — 30 Real Exam-Style Questions

with full answer key & explanations

**Unlock the full bank of 2312 questions
+ unlimited timed mock exams + mistake book**

Practice on the web: <https://certs.theorypractice.app/cpce>

\$2.99 / week · \$6.99 / month · cancel anytime

What you unlock: all 2312 questions • unlimited timed mock exams • mistake book • instant explanations

Study offline on the free app — search your exam on the App Store or Google Play



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Practice Questions

Try all 30 first, then check the answer key at the back.

Want the other 2282+ questions & full timed mock exams? Unlock at <https://certs.theorypractice.app/cpce>

1. The notion that human growth encompasses physical, cognitive, and social aspects is known as ____.

- A. holistic development
- B. cultural relativity
- C. multi-stage theory
- D. multi-dimensionality

2. The study of changes in behavior, emotions, and personality throughout the life span is known as ____.

- A. developmental psychology
- B. behavioral analysis
- C. cognitive science
- D. neuroscience

3. Classic theories suggested that children's ability to form new synaptic connections _____ over time. Modern research indicates that synaptic plasticity _____ throughout a person's life.

- A. decreases; increases
- B. remains constant; decreases
- C. decreases; remains constant
- D. remains constant; increases

Study offline on the free app — search your exam on the App Store or Google Play

4. The idea that various aspects of an individual's cognitive abilities change in different ways over the lifespan is known as ____.

- A. multi-directionality
- B. plasticity
- C. life span development
- D. multi-dimensionality



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



5. Why is neuroplasticity important for the recovery of brain function after injury?

- A. Because without neuroplasticity, it would be impossible to form new memories.
- B. Because neuroplasticity accelerates the healing process in the brain.
- C. Because neuroplasticity ensures that neural changes occur at a manageable rate for the individual.
- D. Because without neuroplasticity, recovering lost functions would be impossible.

6. Which theory suggests that individuals develop their moral understanding through specific stages over time?

- A. Vygotsky's Theory
- B. Piaget's Theory
- C. None are correct
- D. Kohlberg's Theory

Want the other 2282+ questions & full timed mock exams? Unlock at <https://certs.theorypractice.app/cpce>

7. In developmental psychology, those who emphasize the role of genetic inheritance are most aligned with which of the following theories?

- A. Discontinuity
- B. Continuity
- C. None are correct
- D. Both continuity and discontinuity

8. The continuous interaction of heredity and environment that determines an individual's traits is known as:

- A. Nature versus Nurture
- B. Maturation
- C. Learning
- D. Developmental milestones

9. Which term best describes the belief that human cognitive abilities develop through distinct and sequential stages?

- A. Gradualism
- B. Continuous Development
- C. None are correct
- D. Stage Theory



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Study offline on the free app — search your exam on the App Store or Google Play

10. Psychologists who emphasize the role of nurture are most likely to believe in:

- A. Both behaviorism and nativism
- B. None are correct
- C. Behaviorism
- D. Nativism

11. Which two processes are central to the changes experienced during adolescence?

- A. cognitive development; career growth
- B. physical development; psychological development
- C. physical development; career growth
- D. social development; career growth

12. How does early cognitive development impact a child's overall psychological growth?

- A. It enhances problem-solving skills, allowing children to interact more effectively with their environment
- B. It mainly influences their physical activity levels
- C. It is primarily responsible for their language development
- D. It is crucial for their social relationships with peers

Want the other 2282+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/cpce>

13. Which of the following is NOT a recognized domain in the study of child development?

- A. Cognitive
- B. Social
- C. Physical
- D. Financial

14. Which of the following is NOT an effective method for adolescents to enhance their emotional intelligence?

- A. Participating in social activities
- B. Developing empathetic listening skills
- C. Isolating themselves from social interactions
- D. Practicing mindfulness



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



15. During early childhood, which cognitive abilities significantly improve as the child's hippocampus continues to mature?

- A. language and emotional regulation
- B. memory and spatial navigation
- C. reasoning and problem-solving
- D. motor and coordination

Study offline on the free app — search your exam on the App Store or Google Play

16. A child learning to understand the concept of conservation in liquids is engaging in _____.

- A. cognitive development
- B. emotional development
- C. developmental psychology
- D. social development

17. In the context of cognitive development theories, _____ Age Problem-Solving Ability Example 5-year-olds Basic Solving simple puzzles 15-year-olds Advanced Solving algebraic equations

- A. 15-year-olds are better at complex problem-solving than 5-year-olds.
- B. 5-year-olds solve complex problems better than 15-year-olds.
- C. 15-year-olds struggle more with basic problem-solving than 5-year-olds.
- D. 5-year-olds and 15-year-olds have similar problem-solving abilities.

18. The field of psychology that examines how individuals change and grow over the course of their lives, focusing on aspects like thoughts, feelings, and social interactions, is known as _____.

- A. behavioral psychology
- B. cognitive psychology
- C. developmental psychology
- D. psychodynamic psychology

Want the other 2282+ questions & full timed mock exams? Unlock at <https://certs.theorypractice.app/cpce>



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



19. Emma and Liam are both 8 years old, but Emma was diagnosed with ADHD. Should we expect their levels of cognitive development to be the same or different? Why?

- A. They may be different, because Emma is a girl.
- B. They may be different, because Emma has ADHD.
- C. They will be the same, because they're the same age.
- D. They may be different, because Liam is a boy.

20. How are cognitive development and physical development different?

- A. Cognitive development is about learning and understanding, while physical development is about changes in the body and physical abilities.
- B. Cognitive development is about changes in the body, while physical development is about understanding and learning.
- C. Cognitive development is about how skills are learned, while physical development is about how they are applied.
- D. Cognitive development is about emotional changes, while physical development is about sensory changes.

21. Which statement below identifies a major difference between cognitive development theories and behavioral theories?

- A. Cognitive development theories are focused on behavioral changes.
- B. Behavioral theories incorporate stages of mental development.
- C. Cognitive development theories are easier to test and apply.
- D. Behavioral theories emphasize observable behaviors and environmental factors.

Study offline on the free app — search your exam on the App Store or Google Play

22. What is the primary purpose of using developmental milestones in psychological assessments?

- A. They make it easier to understand learned behaviors.
- B. They allow examination of genetic factors only.
- C. They help us recognize and evaluate the progress of human growth in a structured manner.
- D. They solely exist to identify abnormal developmental patterns.



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



23. Which of the following scenarios best illustrates the concept of reciprocal determinism in human growth and development?

- A. A person's genetic predisposition to anxiety is exacerbated by stressful life events.
- B. A teenager's aggressive behavior at school provokes a hostile reaction from teachers and peers, which in turn reinforces the teenager's aggressive tendencies.
- C. A child who receives praise and rewards for studying diligently develops a positive attitude towards learning.
- D. Siblings in a large family develop unique personalities despite being raised in the same environment.

24. How does Erikson's theory of psychosocial development differ from that of Piaget's cognitive development theory?

- A. Erikson focused on the impact of social experience; Piaget focused on intellectual development.
- B. Erikson focused on biological factors; Piaget focused on environmental interactions.
- C. Piaget emphasized the role of language; Erikson was more interested in moral reasoning.
- D. Piaget viewed development as a series of conflicts; Erikson saw it as continuous and smooth.

Want the other 2282+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/cpce>

25. How are attachment theories different from social learning theories?

- A. Their ability to be empirically tested and the influence they have on educational practices make attachment theories different.
- B. Their exploration of unconscious processes and the significance of early experiences make attachment theories different.
- C. Their influence in clinical psychology and wide range of applications make attachment theories different.
- D. Their focus on emotional bonds differentiates attachment theories from social learning theories.

26. Separation anxiety would MOST likely be at its highest if a toddler was _____.

- A. seated with the caregiver in a room full of strangers
- B. playing alone in a familiar room at home
- C. left at a new preschool without a familiar caregiver
- D. left at home with a familiar babysitter



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



27. Order the following stages of cognitive development proposed by Jean Piaget: Stage Formal Operational Preoperational Sensorimotor Concrete Operational

- A. Concrete Operational, Sensorimotor, Preoperational, Formal Operational
- B. Sensorimotor, Preoperational, Concrete Operational, Formal Operational
- C. Preoperational, Sensorimotor, Formal Operational, Concrete Operational
- D. Formal Operational, Concrete Operational, Sensorimotor, Preoperational

Study offline on the free app — search your exam on the App Store or Google Play

28. Julia notices that her 3-year-old son is upset because his favorite toy is missing. She reassures him that they will find the toy after he finishes his lunch. Despite her reassurance, he continues to be upset. Julia wonders why he could not wait and understand that the toy will be found soon. According to the stages of attachment, Julia's son is currently in the _____.

- A. goal-corrected partnership stage.
- B. separation anxiety stage.
- C. active proximity stage.
- D. discriminating responsiveness phase.

29. What term best describes the psychological and emotional bond formed between an infant and their primary caregiver?

- A. dependence.
- B. trust.
- C. comfort.
- D. attachment.

30. During her first few months at daycare, Maria's interactions with caregivers show that she is comfortable around anyone who attends to her needs. What attachment stage is Maria currently in?

- A. Discriminating social responsiveness
- B. Active proximity seeking
- C. Undiscriminating social responsiveness
- D. Goal-corrected partnership



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



Answer Key & Explanations

You just practised 30 of 2312. Unlock every question + timed mocks at <https://certs.theorypractice.app/cpce>

1. D — multi-dimensionality

Human growth is described as multi-dimensional because it involves changes across three main aspects: physical, cognitive, and social development, each playing a significant role in a person's life.

2. A — developmental psychology

Developmental psychology is the discipline that studies changes in human behavior, emotions, and personality from infancy to old age, thus covering the entire life span.

3. C — decreases; remains constant

Earlier theories posited that children's capacity for forming new synaptic connections decreased with age. However, current findings show that synaptic plasticity remains stable throughout an individual's life, allowing continuous learning and adaptation.

4. A — multi-directionality

Cognitive development is multidirectional, meaning that different cognitive abilities can improve or decline at distinct stages of life.

5. D — Because without neuroplasticity, recovering lost functions would be impossible.

Recovery of brain functions after injury is possible due to neuroplasticity, or the brain's ability to reorganize itself by forming new neural connections.

6. D — Kohlberg's Theory

Kohlberg's Theory of Moral Development suggests that individuals move through specific, sequential stages to develop their moral reasoning.

7. B — Continuity

Proponents of the continuity theory believe that genetic inheritance plays a key role in the developmental process, suggesting that development is a cumulative and continuous process.

8. A — Nature versus Nurture

Nature versus Nurture involves the continuous interaction of genetic inheritance (nature) and environmental factors (nurture) that shape an individual's physical and psychological traits.

9. D — Stage Theory

Stage theory posits that human cognitive development occurs through a sequence of distinct stages, each characterized by a different kind of thinking.

10. C — Behaviorism

Psychologists who stress nurture focus on environmental factors as the primary influence on development. Behaviorism, which emphasizes observable behavior shaped by external stimuli, aligns with this perspective.

11. B — physical development; psychological development

During adolescence, both physical and psychological developments are crucial. Physical development



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



pertains to bodily changes while psychological development involves changes in emotional, social, and cognitive aspects.

12. A — It enhances problem-solving skills, allowing children to interact more effectively with their environment

Early cognitive development is strongly linked to other aspects of a child's psychological growth, including the development of reasoning, problem-solving skills, and the ability to interact with their environment. These skills are foundational for later complex tasks and overall mental development.

13. D — Financial

Child development is commonly studied in terms of several domains, including cognitive, social, and physical development. Financial development is not recognized as a domain in this context.

14. C — Isolating themselves from social interactions

Adolescents can enhance their emotional intelligence by engaging in activities that help them understand and manage their emotions, such as practicing mindfulness, participating in social activities, and developing empathetic listening skills.

15. B — memory and spatial navigation

The hippocampus is crucial for memory formation and spatial navigation. As this area of the brain matures, young children show significant improvements in their ability to remember information and navigate their environments.

16. A — cognitive development

Cognitive development involves the study of how thinking, problem-solving, and understanding concepts change over time. Learning about the conservation of liquids, a concept introduced in Piaget's concrete operational stage, is a crucial part of cognitive development.

17. A — 15-year-olds are better at complex problem-solving than 5-year-olds.

15-year-olds are generally better at complex problem-solving tasks, such as solving algebraic equations, than 5-year-olds due to their further cognitive development.

18. C — developmental psychology

Developmental psychology focuses on how individuals grow and change over the course of their lives across various dimensions, including thoughts, emotions, behavior, and social relationships.

19. B — They may be different, because Emma has ADHD.

Cognitive development is influenced by multiple factors including age, environment, and disabilities. Given Emma's diagnosis of ADHD, her cognitive development may differ from Liam's.

20. A — Cognitive development is about learning and understanding, while physical development is about changes in the body and physical abilities.

Cognitive development is about learning and understanding, while physical development is about changes in the body and physical abilities.

21. D — Behavioral theories emphasize observable behaviors and environmental factors.

Cognitive development theories focus on internal processes such as thinking, reasoning, and problem-solving, which are not directly observable. In contrast, behavioral theories emphasize observable behaviors and the environmental factors that reinforce or punish these behaviors. Consequently, behavioral



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



theories can be more easily tested and applied to real-life situations.

22. C — They help us recognize and evaluate the progress of human growth in a structured manner.

Developmental milestones are important because they aid in recognizing and evaluating progression in human growth in a structured way, which is essential for positive development.

23. B — A teenager's aggressive behavior at school provokes a hostile reaction from teachers and peers, which in turn reinforces the teenager's aggressive tendencies.

Reciprocal determinism involves the interplay between an individual's behavior, their environment, and cognitive processes. The scenario involving the teenager's aggressive behavior at school clearly demonstrates this, as the behavior influences the environment (hostile reactions from others), which then reinforces the behavior. This concept captures the dynamic and reciprocal interactions that shape human development.

24. A — Erikson focused on the impact of social experience; Piaget focused on intellectual development.

Erikson's theory of psychosocial development focuses on the impact of social experience across the whole lifespan. He looks at how society and culture influence stages of development. In contrast, Piaget's theory of cognitive development focuses on the sequential stages that take place in learning and intellectual development in children.

25. D — Their focus on emotional bonds differentiates attachment theories from social learning theories.

Both theories examine how individuals develop and adapt over time; however, they differ in focus. Attachment theory centers on the emotional bonds between individuals and how these bonds influence behavior and development, whereas social learning theory emphasizes the role of observation and imitation in acquiring new behaviors.

26. C — left at a new preschool without a familiar caregiver

Separation anxiety is a response to being away from primary caregivers and may cause a child to cry, cling, or exhibit pain; it's common from 6 months to 3 years. This response may be intensified in unfamiliar settings, such as a new preschool environment, especially if the primary caregiver is absent.

27. B — Sensorimotor, Preoperational, Concrete Operational, Formal Operational

Jean Piaget identified four stages of cognitive development in children. The stages in the correct order are as follows: Sensorimotor (birth-2 years), Preoperational (2-7 years), Concrete Operational (7-11 years), Formal Operational (12 years and up).

28. A — goal-corrected partnership stage.

In the goal-corrected partnership stage, children three and older start to understand and take cues from others while adjusting their goals to the expectations of those around them. Julia's son understood that his mom was going to help him find his toy, but he could not comprehend why he had to wait until after lunch.

29. D — attachment.

Attachment is best defined as the strong emotional bonds that bind us to another person. These attachments begin to form in infancy, where the infant will seek to maintain a close bond with the person they are bonding with.



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



30. C — Undiscriminating social responsiveness

The undiscriminating social responsiveness phase typically occurs from birth to 2/3 months of age. During this stage, infants do not show a strong preference for any specific caregiver. Instead, they respond positively to anyone who meets their needs.



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Ready to pass?

Unlock the full CPCE Counseling Exam Prep bank, every explanation, and unlimited timed mock exams.

Scan to start practising

<https://certs.theorypractice.app/cpce>

Also on iOS & Android — search your exam name on the App Store or Google Play



Unlock all 2312 questions + timed mock exams

→ <https://certs.theorypractice.app/cpce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start