

**[SAMPLE APPENDIX FOR STUDENT HANDBOOK:
Information from CPCE Brochure published by CCE]**

Counselor Preparation Comprehensive Examination (CPCE)

In response to increasing requests from counselor educators for a graduate counseling program exit exam, the Research and Assessment Corporation for Counseling (RACC) in conjunction with the Council for Credentialing and Education (CCE), has developed the [Counselor Preparation Comprehensive Examination \(CPCE\)](#).

The purpose of the CPCE is to assess counseling student's knowledge of counseling information viewed as important by counselor preparation programs. The CPCE will also provide collective feedback that can be used by programs in developing/adapting curriculum.

Benefits for Programs

- “ Allows master's program comprehensive exams to better meet psychometric standards.
- “ Gives programs an objective view of the knowledge level of their students.
- “ Allows programs to examine student functioning in various curricular areas.
- “ Promotes longitudinal self-study.
- “ Compares a program's results to national data.
- “ Stimulates student integration of knowledge learned in separate courses.
- “ Gives students comparative strength/weakness feedback.

Development

The CPCE is researched, developed and distributed by both the Research and Assessment Corporation (RACC) and the Council for Credentialing and Education (CCE), two new affiliate corporations of the National Board of Certified Counselors (NBCC). The item writing committee was selected from masters and doctoral level professionals. The committee compiled a comprehensive listing of text by surveying all counselor education programs. Over 100 programs submitted the references they use for counselor training. Each question was developed based on information found in the most commonly used textbooks. A list of these texts will be provided to each program as a study aid for their students.

Content

The CPCE will cover the eight common-core areas as defined by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) in their [Standards for Preparation](#):

1. *Human growth and development* – studies that provide an understanding of the nature and needs of individuals at all developmental levels.
2. *Social and cultural foundations* – studies that provide an understanding of issues and trends in a multicultural and diverse society.
3. *Helping relationships* – studies that provide an understanding of counseling and consultation processes.
4. *Group work* – studies that provide an understanding of group development, dynamics, counseling theories, group counseling methods and skills, and other group work approaches.
5. *Career and lifestyle development* – studies that provide an understanding of career development and related life factors.
6. *Appraisal* – studies that provide an understanding of individual and group approaches to assessment and evaluation.
7. *Research and program evaluation* – studies that provide an understanding of types of research methods, basic statistics, and ethical and legal considerations in research.
8. *Professional orientation and ethics* – studies that provide an understanding of all aspects of professional functioning including history, roles, organizational structures, ethics, standards, and credentialing.

These eight core areas, which constitute the Counselor Preparation Comprehensive Examination (CPCE), serve as the primary theoretical basis for the examination. It is through these areas that the CPCE is associated with accepted professional standards.

A sample item from each CACREP content area follows:

Human Growth and Development

1. Erikson described independence as an important issue in the second year of life and identified this stage of development as
 - A. autonomy versus shame and doubt.
 - B. concrete operations versus object permanence.
 - C. motor versus mind development.
 - D. self versus other differentiation.

Social and Cultural Foundations

2. Cultural identity development models typically start with the _____ stage.
 - A. dissonance
 - B. immersion
 - C. conformity

D. introspective

Helping Relations

3. According to Rogers, accurate empathy is most appropriately defined as
- A. objective reflection to help identify the client's feelings.*
 - B. non-judgmental acceptance of the client's reality.*
 - C. recognition of the client's most prominent emotions.*
 - D. subjective understanding of the client in the here-and-now.*

Group Work

4. A group leader can best enhance a group member's participation by
- A. encouraging social interactions between members outside of group time.*
 - B. requiring a commitment that group members not drop out.*
 - C. stressing that substantial self-disclosure is expected.*
 - D. modeling appropriate behaviors for the group.*

Career and Lifestyle Development

5. A basic assumption of the trait-and-factor approach to vocational counseling is that
- A. career decisions should be based on evident needs.*
 - B. personality and work environment are synonymous.*
 - C. developmental constructs are of paramount importance.*
 - D. there is one best career goal for everyone.*

Appraisal

6. A primary benefit of converting raw scores to standard scores is that it facilitates
- A. simplicity in interpretation of test results.*
 - B. interpretation of the results relative to a normal distribution.*
 - C. summarizing and organizing other qualitative data.*
 - D. statistical analyses having greater quantitative accuracy.*

Research and Program Evaluation

7. The research design which manipulates the independent variable and a between-conditions comparison with no random assignment of subjects to conditions is known as
- A. quasi-experimental.*
 - B. single-subject.*
 - C. time-series.*
 - D. true experimental.*

Professional Orientation and Ethics

8. During the late 1970s and early 1980s, members of the American Personnel and Guidance Association (APGA) became aware that the words personnel and guidance did not accurately define or reflect their work. Therefore, in 1983 APGA changed its name to the
- A. Association for Counselor Education and Supervision*
 - B. American Association for Counseling and Development*
 - C. American Mental Health Counselors Association*
 - D. Association of Counseling and Related Educational Professions*

Answers: 1.A 2.C 3.D 4.D 5.D 6.B 7.A 8.B