

Social & Cultural Diversity

Counseling Exam Practice Questions

The following questions are intended to help you while you prepare for the NCE, CPCE, CECE, NCMHCE, or other counseling exams. Review the questions, choose the best answer, and then review the correct responses on the last page.

Question 1

When diagnosing a client from a different culture...

- A) The counselor should not make a diagnosis unless the counselor is also from that culture
- B) The client's culture should be taken into consideration when making a diagnosis
- C) The diagnosis should be made based on the dominant culture related to where the counseling is taking place
- D) None of the above

Question 2

When a group of people share attitudes, beliefs, language, art, and values that have been shared by generations of people, this is referring to what?

- A) Background
- B) Culture
- C) Immigration
- D) Biases

Question 3

Cross-cultural counseling generally refers to which of the following?

- A) A counselor and client who share cultural backgrounds
- B) A counselor and client who come from similar cultural backgrounds but live in an area where they are not a part of the majority culture
- C) When a client and counselor have different cultural backgrounds.
- D) When a client comes to counseling because they have been discriminated against due to their cultural background.

Additional questions on the following page.

Question 4

Multicultural counselors...

- A) Work with a wide-range of difficulties people might experience, not only those related to culture
- B) Only work with clients who struggle with being in a new culture
- C) Work only with clients who share a cultural background similar to that of the counselor
- D) Only use this term for marketing purposes, but it does not change who they work with or how they help others

Question 5

Being physically close to another person, such as working with them, will...

- A) Decrease the chances of interpersonal attraction
- B) Increase the chances of interpersonal attraction
- C) Have no impact on interpersonal attraction
- D) Will negatively impact interpersonal attraction but increase the chances of a physical altercation

Question 6

The Diagnostic and Statistical Manual of Mental Disorders...

- A) Can only be used for clients who were born and raised in the United States
- B) Can be used as long as the counselor is considering the client's cultural background when diagnosing
- C) Factors various cultures into diagnostic criteria so the counselor does not need to consider other cultural influences
- D) Is best used for clients from diverse cultural backgrounds

Additional questions on the following page.

Question 7

In multicultural counseling, which of the following is the most accurate related to the term color blindness?

- A) It is a good multicultural counseling practice
- B) It is not a multicultural term but instead refers to a person who struggles with color vision
- C) It refers to ignoring a person's skin color, race, or culture when thinking about their experience
- D) It refers to looking beyond a person's skin color, race, or culture to best help the client

Answers on the following page.

Answer Key

The following are the answers to the questions on previous pages.

Question 1: B

Question 2: B

Question 3: C

Question 4: A

Question 5: B

Question 6: B

Question 7: C

Want to learn more?

Check out the YouTube video that goes with this PDF. On that video, you'll learn more about what makes each of the correct answers the right one, as well as why the others aren't the best answers.



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