STUDY GUIDE FOR COUNSELING COMPREHENSIVE EXAMINATIONS

You will have questions from each of eight areas (CACREP Core subjects). Below are just some of the significant concepts from each area. This list is not exhaustive, but rather suggests a framework for study. Your notes and texts from your classes are excellent places to identify concepts for studying.

**HUMAN GROWTH AND DEVELOPMENT** - studies that provide an understanding of the nature and needs of individuals at all developmental levels

Examples of some theories to study include Piaget, Vygotsky, and Erikson

Students should be able to discuss several theories and give examples of the concepts/stages/tasks

**SOCIAL AND CULTURAL DIVERSITY** - studies that provide an understanding of the cultural context of relationships, issues and trends in a multicultural and diverse society related to such factors as culture, ethnicity, nationality, age, gender, sexual orientation, mental and physical characteristics, education, family values, religious and spiritual values, socioeconomic status and unique characteristics of individuals, couples, families, ethnic groups, and communities

Examples of material to study include identity development models

Students should be able to discuss counseling situations in light of considerations for working with culturally diverse clients

Suggested study helps: [http://www.counseling.org/Resources/](http://www.counseling.org/Resources/) (The ACA Multicultural Competencies and the Cross-Cultural Competencies and Objectives - see ACA Downloads on right hand side of the page)

**CAREER DEVELOPMENT** - studies that provide an understanding of career development and related life factors

Examples of material to study include Career Counseling Models such as the Trait-and-Factor Theory, Person-Environment-Fit Theory, Developmental Model, Learning Theory Model, Cognitive Approach Model, and Multicultural Model

Other material includes the most commonly used instruments and assessment processes used in career counseling as well as theorists such as Holland, Strong, Super

**RESEARCH** - studies that provide an understanding of research methods and statistical analysis

Examples of material to study include the difference between qualitative and quantitative research methodology, types of quantitative research designs and examples of each

Students should be able to describe, compare/contrast quantitative research designs and give examples
**GROUP WORK** - studies that provide both theoretical and experiential understandings of group purpose, development, dynamics, counseling theories, group counseling methods and skills

Examples of material to study include the types of groups, stages of group development (Corey), roles and goals of the facilitators in each stage and type of group, characteristics of group participants in each stage of group

Other material includes skill of facilitators (e.g., paraphrasing, summarizing, etc.)

Suggested study helps: Types of, stages of, and characteristics of groups, group members and group facilitators in the Corey group text

**ASSESSMENT** - studies that provide an understanding of individual and group approaches to assessment and evaluation

Examples of material to study include the differences between testing and assessment; individual and group tests; aptitude, intelligence, and personality tests

Students should be familiar with the names of instruments for individual or group aptitude, intelligence and personality testing and be able to give examples

**PROFESSIONAL, ETHICAL AND LEGAL FUNCTIONING** - studies that provide an understanding of all of those three aspects of functioning as a counselor

Examples of material to study include significant legal cases such as Tarasoff, important terms such as informed consent and Kitchener's principles, and ethical decision-making model(s) such as the one described by Corey

Suggested study helps: Terms, cases, principles, and decision-making models in the Corey Ethics text

**THEORIES/HELPING RELATIONSHIPS** - studies that provide an understanding of counseling approaches and processes

Examples of material to study include counseling theories that provide a consistent model(s) to conceptualize client presentation and select appropriate counseling interventions

Students should be able to talk about the differences between the different types of theories: psychodynamic, humanistic, cognitive-behavioral, and systems, and give an example of each

Students should be able to compare/contrast theories from the psychodynamic, humanistic, and cognitive-behavioral approaches and give examples of techniques

Suggested study helps: Theory Comparison Charts in the back of the Corey Theory text