

# Continuing Education Questions: April 2026

## Rehabilitation Counseling Bulletin

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**Lee et al**

1. What does P stand for according to Seligman's PERMA model?
  - a. Engagement
  - b. Accomplishment
  - c. Positive emotion
  - d. Meaning
2. What was the factor model for the PERMA-Profiler found in Grosvenor et al. (2023)?
  - a. One-factor
  - b. Two-factor
  - c. Three-factor
  - d. Four-factor
3. What did the current study find regarding the factor structure of the PERMA-profiler?
  - a. Correlated-one factor
  - b. Correlated-three factor
  - c. Correlated-five factor
  - d. Correlated-six factor
4. Which of the following statements is true?
  - a. The PERMA-Profiler is a measurement of functioning capacity.
  - b. The PERMA-Profiler is a measurement of well-being.
  - c. The PERMA-Profiler can only be used in people with MS.
  - d. The PERMA-Profiler is not valid.

5. Which of the following is false about using PERMA-Profiler in clinical settings?
  - a. To delay understanding of one's well-being
  - b. Tailor treatment planning
  - c. Monitor treatment outcomes
  - d. Holistic care approach

**Tu et al**

6. Which of the following is the primary challenges students with disabilities face in higher education settings?
  - a. Lack of motivation for academic success
  - b. Lack of accessibility to support resources
  - c. Difficulty understanding course content
  - d. Lack of time to participate in social activities
7. Which of the following is a frequent concern for students with disabilities in higher education?
  - a. Campus climate toward disability
  - b. Working alliance with professors
  - c. Access to physical classrooms
  - d. All of the above
8. What emerged as the most helpful support experienced by students with disabilities in higher education based on the study?
  - a. Supportive climate
  - b. Note-taking services
  - c. Extended time for test and assignment
  - d. Private room for tests

9. What emerged as the most prevalent support need for students with disabilities in higher education based on the study?
  - a. Learning support
  - b. Mental health counseling
  - c. Mobility support
  - d. Professor's understanding
10. According to the study, which type of support service do freshmen primarily seek but perceive as lacking in higher education environments?
  - a. Mental health counseling
  - b. Online support resources
  - c. Career guidance and peer support
  - d. Mobility support

**Acar et al**

11. Which of the following best describes the primary purpose of Disability Resource Centers (DRCs) in higher education?
  - a. To provide financial assistance to students with disabilities
  - b. To ensure equal access and accommodations for students with disabilities
  - c. To diagnose and treat students with disabilities
  - d. To replace academic advisors for students with disabilities
12. According to the study, which legislation had a significant impact on the establishment and evolution of DRCs?
  - a. Americans with Disabilities Act (ADA)
  - b. No Child Left Behind Act
  - c. Higher Education Act
  - d. Individuals with Disabilities Education Act (IDEA)

13. What is a key challenge faced by DRCs in higher education institutions?
  - a. Overfunding and excess staff
  - b. Lack of student interest in disability services
  - c. Lack of legal support for students with disabilities
  - d. Low service application rates
14. Which of the following best describes the historical development of DRCs as outlined in the study?
  - a. DRCs were established in response to increasing student complaints
  - b. DRCs were originally created to provide psychological counseling for students
  - c. DRCs emerged as part of broader legal and institutional changes to improve accessibility
  - d. DRCs were initially private organizations that universities later adopted
15. According to the study, what is one of the key factors for ensuring the effectiveness of DRCs?
  - a. Having long-term staff with institutional knowledge
  - b. Minimizing interactions with other university departments
  - c. Relying solely on student self-reports for services
  - d. Prioritizing only academic accommodations and ignoring social factors

**Prindiville et al**

16. Which of the following psychological conditions are experienced by stroke survivors?
  - a. Anxiety and depression
  - b. Schizophrenia
  - c. Bipolar disorder
  - d. Obsessive-compulsive disorder
17. Which psychological therapy is most commonly used to address depression in stroke survivors?
  - a. Psychoanalysis
  - b. Cognitive-behavioral therapy
  - c. Hypnotherapy
  - d. Art therapy
18. What is the primary goal of psychological treatment in stroke rehabilitation?
  - a. To improve physical health
  - b. To treat secondary infections post-stroke
  - c. To increase blood flow in the brain
  - d. To help manage emotional and cognitive changes
19. Which of the following is an effective strategy for stroke survivors to help manage emotional difficulties?
  - a. Avoid rehabilitation
  - b. Ignore symptoms of stress
  - c. Engage in social support groups and psychotherapy
  - d. Rely solely on pharmacotherapy
20. What function of the body most often affected by stroke can lead to psychological symptomatology?
  - a. Immune system function
  - b. Hormonal regulation
  - c. Motor coordination only
  - d. Cognitive and emotional processing

**Fry et al**

21. Which of the following represents the rate of pregnancy in people with disabilities compared to people without disabilities?
  - a. People with disabilities have lower rates of pregnancy compared to people without disabilities.
  - b. People with disabilities have about the same rates of pregnancy compared to people without disabilities.
  - c. People with disabilities have higher rates of pregnancy compared to people without disabilities.
  - d. Data on pregnancy for people with disabilities do not exist.
22. Which of the following is a dominant societal belief that influences people with disabilities' experience of pregnancy?
  - a. Pregnancy is something that should be attainable by all, no matter their disability status.
  - b. People with disabilities do not want to become pregnant.
  - c. Infantilization and eugenics ideology keep people with disabilities from parenthood and pregnancy.
  - d. People with disabilities need advice and support from medical professionals to pursue pregnancy.
23. Which of the following is the disability population that had the greatest number of articles covering it?
  - a. People with intellectual and developmental disabilities.
  - b. People with multiple sclerosis.
  - c. People with sensory disabilities.
  - d. People with spinal cord injuries.

24. Which act, signed into law in 2023, mandates reasonable accommodation for pregnant employees?
- Pregnant Workers Fairness Act (PWFA)
  - Americans with Disabilities Act (ADA)
  - Pregnancy Discrimination Act (PDA)
  - Family Medical Leave Act (FMLA)
25. As identified by the authors, what are some challenges that pregnant employees with CID must navigate?
- Finding new employment opportunities.
  - Fostering inclusive work environments.
  - Accessing appropriate healthcare, navigating accommodations, and managing physical and psychosocial stress.
  - Balancing work and leisure activities.
- Chun et al**
26. Which of the following is considered a foundational principle that strengthens the impact of rehabilitation counseling?
- Emphasis on fostering client empowerment through individualized support
  - Prioritizing standardized metrics across rehabilitation agencies
  - Focusing primarily on administrative efficiency
  - Concentration on short-term employment placements for clients
27. According to the study, what significant issue has contributed to the de-professionalization concerns within rehabilitation counseling?
- The closure of rehabilitation counseling programs nationwide
  - The increased flexibility in qualifying standards for vocational rehabilitation counselors under WIOA
  - A shift towards more family counseling courses in curricula
  - A requirement for advanced certifications across counseling specialties
28. According to the SWOT analysis in the study, which of the following was highlighted as an opportunity for strengthening the rehabilitation counseling profession?
- Expanding partnerships with other disciplines to enhance holistic client support
  - Increasing focus on administrative and performance metrics
  - Reducing disability-specific content in favor of general counseling skills
  - Limiting services to employment support only
29. What is one reason participants believe that mentorship is critical in rehabilitation counseling?
- It promotes consistent practices across the field.
  - It provides direct pathways to research funding.
  - It facilitates the promotion of individuals to administrative roles.
  - It enhances understanding of foundational values and supports professional growth.

30. Which of the following identified challenges impact the value and recognition of the CRC credential?
- a. Reduced integration of disability-specific competencies in training programs
  - b. Limited access to mentorship opportunities
  - c. Emphasis on performance metrics over individualized client care
  - d. Decreased collaboration with other counseling disciplines

**Individuals seeking continuing education credit for questions printed in issue 69(3) must submit their materials to the American Rehabilitation Counseling Association no later than April 30, 2027.**