ACVREP ORIENTATION AND MOBILITY (O&M) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. What is the primary function of an occupational therapist (OT) in orientation and mobility?

A. Provides alternate means for physical limitation

B. Eye exams & correction

C. Hearing tests & hearing aids

D. Instruction for daily living skills

2. Which items are listed as O&M goals for 10-12th grade?

A. Apps & GPS

B. Public transit

C. Independent residential & light business crossings

D. All of the above

3. Allocentric frame of reference is defined as

A. Using compass directions only

B. Relating the location to the observer

C. Relating the location of objects/places to one another

D. Using landmarks from memory

4. Damage to optic chiasm causes which visual defect?

A. Homonymous hemianopia

B. Quadrantanopia

C. Anopia

D. Bitemporal hemianopia

5. Which term describes the alignment of peaks and troughs in a sound wave?

A. Amplitude

B. Wavelength

C. Phase

D. Frequency

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6. Which brain region is responsible for processing somatosensory information such as touch and temperature?

A. Frontal lobe

B. Posterior parietal lobe

C. Occipital lobe

D. Temporal lobe

7. What is topocentric information?

A. Cardinal directions or compass directions

B. Landmarks or unique features in the environment

C. Verbalized the thought process

D. Patterns, shapes, grid, numbering system

8. Which agency advocates for rights, scholarships, and education for people with vision impairment?

A. ACVREP

B. AER

C. NASA

D. AFB

9. The standard and certification process for O&M was established by which report?

A. 1953 Carroll Group

B. 1961 COMSTAC Report

C. 1948 Hoover Mobility Plan

D. 1954 Switzer Initiative

10. Self-regulated learning involves directing and controlling one's own cognitive processes to learn, including goal setting and self-evaluation.

A. Learning that relies on teacher input

B. Passive absorption

C. Directing and controlling one's own cognitive processes to learn, setting goals, and self-evaluation

D. Navigating an environment

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Answers

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1. A
2. D
3. C
4. D
5. C
6. B
7. B
8. D
9. B
10. C

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Explanations

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1. What is the primary function of an occupational therapist (OT) in orientation and mobility?

A. Provides alternate means for physical limitation

B. Eye exams & correction

C. Hearing tests & hearing aids

D. Instruction for daily living skills

In orientation and mobility, the goal is to help a person move through the environment safely and independently, even when there are physical limitations. The occupational therapist focuses on providing alternate means to accomplish mobility tasks—using compensatory strategies, assistive devices, and environmental adaptations that make movement feasible and safe. This might include selecting appropriate mobility aids, teaching energy-efficient or safer navigation techniques, and modifying routes or tasks to fit the person's abilities, so independence is maintained despite constraints. Eye exams and correction are handled by vision care professionals, and hearing tests and aids are managed by audiology. While teaching daily living skills is within OT's broader scope, the specific emphasis in orientation and mobility is on adapting movement and travel to the person's abilities rather than general ADL instruction.

2. Which items are listed as O&M goals for 10-12th grade?

A. Apps & GPS

B. Public transit

C. Independent residential & light business crossings

D. All of the above

For high school–age O&M goals, independence in the community is built around three interrelated areas: using apps and GPS to plan and follow routes, navigating public transit on their own, and performing independent crossings at residential areas and light commercial intersections. Each of these skills supports broader mobility and safety, and together they reflect the full scope of goals for grades 10–12. Because all three elements are included as goals for this age, the best choice is the one that encompasses all of them. This combination promotes comprehensive independence and safe, capable community travel.

3. Allocentric frame of reference is defined as

A. Using compass directions only

B. Relating the location to the observer

C. Relating the location of objects/places to one another

D. Using landmarks from memory

In orientation and mobility, allocentric refers to how we understand space by describing where objects or places are in relation to each other, not in relation to ourselves. It's like having a map in your head where the position of one item is defined relative to another—"the library is north of the park," or "the cafe is east of the bank." This allows you to reason about an environment independently of your current location or orientation. That's why the best description is: relating the location of objects/places to one another. It's not about describing space relative to the observer (which would be egocentric), nor is it limited to compass directions alone, and while landmarks can be part of it, simply using landmarks from memory doesn't define the frame of reference itself.

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4. Damage to optic chiasm causes which visual defect?

A. Homonymous hemianopia

B. Quadrantanopia

C. Anopia

D. Bitemporal hemianopia

When the optic chiasm is damaged, the crossing nasal fibers that carry information from the temporal visual field of both eyes are affected. Since these fibers cross here to the opposite side, their loss results in the loss of the outer (temporal) halves of the visual field in both eyes, known as bitemporal hemianopia. This pattern is classically seen with compressive lesions at the chiasm, such as pituitary tumors. If the damage were behind the chiasm, you'd see a homonymous hemianopia in the same side of the field for both eyes, and if a single optic nerve were damaged, you'd have anopia in that eye. Quadrantanopia arises from localized damage to the optic radiations rather than at the chiasm.

5. Which term describes the alignment of peaks and troughs in a sound wave?

A. Amplitude

B. Wavelength

C. Phase

D. Frequency

Phase describes how the peaks and troughs of a wave line up in time. It captures the relative position of points in the wave cycle: if two waves reach their peaks and troughs at the same moments, they're in phase; if one wave's peak occurs as the other's trough, they're out of phase. Amplitude is about how tall the wave is (loudness), frequency is how many cycles occur per second (pitch), and wavelength is the spatial distance between repeats. So the term that describes the alignment of peaks and troughs is phase.

6. Which brain region is responsible for processing somatosensory information such as touch and temperature?

A. Frontal lobe

B. Posterior parietal lobe

C. Occipital lobe

D. Temporal lobe

Processing somatosensory information like touch and temperature is handled by the parietal lobe, specifically where the primary somatosensory cortex sits just behind the central sulcus. This area receives input from the thalamus and translates it into conscious sensations of touch, pressure, temperature, and proprioception, forming the foundation for sensing and localizing stimuli in the body. The posterior portion of the parietal lobe also integrates these sensory cues to support spatial awareness and sensorimotor coordination. Among the options, the posterior parietal lobe best fits because it encompasses these somatosensory processes and their integration, while the frontal lobe relates to planning and movement, the occipital lobe to vision, and the temporal lobe to hearing and memory.

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7. What is topocentric information?

A. Cardinal directions or compass directions

B. Landmarks or unique features in the environment

C. Verbalized the thought process

D. Patterns, shapes, grid, numbering system

Topocentric information is about cues in the immediate environment that help you know where you are and how to move within a specific place. Landmarks or unique features in the surroundings—like a distinctive storefront, a particular tree, a corner with a unique texture, or a recognizable landmark—provide these cues and allow you to orient yourself locally. This differs from global references like cardinal directions, which are broad and not tied to the specific place you're navigating, and from internal thoughts or abstract map systems such as grids or numbering, which are not the concrete environmental cues you rely on at hand.

8. Which agency advocates for rights, scholarships, and education for people with vision impairment?

A. ACVREP

B. AER

C. NASA

D. AFB

This item asks you to identify the organization that champions the rights, scholarships, and education of people with vision impairment. The American Foundation for the Blind is the best fit because it is a long-standing nonprofit dedicated to empowering individuals who are blind or visually impaired. It actively advocates for accessible policies and opportunities, supports educational initiatives, and offers scholarships and resources to students and families. This combination of advocacy, financial support for education, and educational information aligns with the description in the question. Other options serve different roles: ACVREP focuses on certification for professionals, AER is a professional association for practitioners, and NASA is a federal space agency with no direct focus on vision-impaired advocacy.

9. The standard and certification process for O&M was established by which report?

A. 1953 Carroll Group

B. 1961 COMSTAC Report

C. 1948 Hoover Mobility Plan

D. 1954 Switzer Initiative

The main idea here is understanding where formal standards and a certification path for orientation and mobility began. The landmark is the 1961 COMSTAC Report, which laid out the essential competencies, training expectations, and evaluation methods needed for O&M professionals and recommended a formal certification process. This document provided a clear framework that many credentialing bodies later adopted, helping to ensure consistent qualifications across the field and supporting professional recognition for practitioners. The other named items aren't recognized as the source of standardization for O&M practice and certification, so they don't carry the same historical weight in establishing how O&M specialists are trained and credentialed.

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10. Self-regulated learning involves directing and controlling one's own cognitive processes to learn, including goal setting and self-evaluation.

A. Learning that relies on teacher input

B. Passive absorption

C. Directing and controlling one's own cognitive processes to learn, setting goals, and self-evaluation

D. Navigating an environment

Self-regulated learning centers on taking charge of how you learn. It involves planning your learning goals, monitoring your own understanding and performance as you work, and then evaluating the outcomes to decide what to adjust. This description fits best because it directly describes directing and controlling one's own cognitive processes to learn, including setting goals and self-evaluation. In orientation and mobility, you can see this when a person decides to learn a new route, sets specific objectives (such as where to turn or when to cross), tracks progress during practice, and reflects afterward to choose better strategies if needed. The other options describe learning that relies on external input, is passive, or focuses on moving through an environment rather than on the learning process itself, so they don't capture self-regulated learning.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://acvrepoandm.examzify.com

We wish you the very best on your exam journey. You've got this!

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