# DEVELOPMENT OF SELF II TEST 1 PRACTICE (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. How does reflective practice contribute to ethical development in Self II?**

A. Encourages alignment of actions with values, awareness of biases, and integrity in decision making.

B. Leads to increased rigidity and discourages consideration of different viewpoints.

C. Primarily improves memory for rules and regulations.

D. Is unrelated to personal ethics or decision making.

**2. What are the two elements of the nursing scope of practice statement?**

A. A scope of practice statement and a series of controlled acts

B. A list of permitted medications and procedures

C. Hospital patient safety protocols and ethics

D. Continuing education requirements

**3. What initiates an investigation by the college into alleged nurse misconduct?**

A. A complaint about professional misconduct

B. A routine performance review conducted annually

C. A mandate from a patient for a formal inquiry

D. A random sample audit of practices

**4. Which item is considered a form of professional misconduct?**

A. Inadequate documentation and record keeping.

B. High patient satisfaction.

C. On-time appointment reminders.

D. Adherence to confidentiality.

**5. Which of the following is a requirement for consent?**

A. Disclosure

B. Documentation

C. Abandonment

D. Floating

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**6. The practice of nursing is described as health promotion and care undertaken by which means to attain or maintain optimal function?**

A. Supportive, preventive, therapeutic, palliative and rehabilitative means

B. Surgical interventions only

C. Pharmacological treatment only

D. Emergency medicine procedures

**7. The CNO Professional Standards link to which elements?**

A. Standards, guidelines and competencies

B. Hospital accreditation and inspection schedules

C. Medication formulary lists

D. Nurse recruitment policies

**8. How does self-identity integration support mental health in Self II development?**

A. Increases fragmentation and reduces resilience

B. A coherent sense of self reduces fragmentation, fosters resilience, and enhances meaning and motivation

C. Eliminates stress completely

D. Decreases motivation and meaning

**9. What characterizes criminal negligence?**

A. Normal, Careful Practice

B. Reasonable Caution

C. Extremely Careless, Malicious or Reckless Disregard for Safety

D. Strict Liability

**10. Authenticity in Self II is promoted by which process?**

A. Ongoing exploration and reflection to align decisions with personal values.

B. Routine adherence to childhood roles.

C. Avoiding new experiences to maintain stability.

D. Relying solely on external validation.

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# Answers

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

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# Explanations

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## 1. How does reflective practice contribute to ethical development in Self II?

A. Encourages alignment of actions with values, awareness of biases, and integrity in decision making.

B. Leads to increased rigidity and discourages consideration of different viewpoints.

C. Primarily improves memory for rules and regulations.

D. Is unrelated to personal ethics or decision making.

*Reflective practice sharpens ethical development by helping you align actions with your values, uncover biases, and act with integrity in decision making. When you regularly reflect on what you did, why you did it, and the outcomes, you compare those actions to your core beliefs and professional norms. This keeps your behavior consistent with what you say you value, even in gray or ambiguous situations. Through this process you also notice biases or blind spots that might distort judgment, which you can then address to make fairer, more thoughtful choices. By examining the impact on others, considering alternatives, and learning from mistakes, reflective practice strengthens accountability, reinforces ethical consistency, and promotes ongoing growth in how you reason about and apply ethics. It's not about memorizing rules or becoming rigid; it's about developing a thoughtful, values-driven approach to real-world decisions.*

## 2. What are the two elements of the nursing scope of practice statement?

A. A scope of practice statement and a series of controlled acts

B. A list of permitted medications and procedures

C. Hospital patient safety protocols and ethics

D. Continuing education requirements

*Two elements organize the nursing scope of practice: a scope of practice statement and a series of controlled acts. The scope of practice statement defines the broad activities and responsibilities nurses are authorized to perform across different settings and populations, establishing the professional boundaries for safe and competent care. The series of controlled acts lists the specific procedures that are considered higher risk and therefore require formal authorization, supervision, or delegation to perform. Together, these define both the general space in which nurses operate and the exact actions that demand extra regulatory approval. Other options describe safety guidelines, ethics, medications, or ongoing education, but they don't capture the formal two-part structure used to frame the scope of practice.*

## 3. What initiates an investigation by the college into alleged nurse misconduct?

A. A complaint about professional misconduct

B. A routine performance review conducted annually

C. A mandate from a patient for a formal inquiry

D. A random sample audit of practices

*An investigation into alleged nurse misconduct starts when a formal complaint about professional misconduct is filed. That complaint triggers the college to review the claim, gather evidence, and determine whether there's enough basis to open a formal inquiry. Routine performance reviews are ongoing quality checks and don't initiate investigations into misconduct. A patient can raise concerns, but an investigation isn't started simply by a patient's demand unless there's a formal complaint describing misconduct. Random audits look for general compliance patterns and aren't directed at a specific alleged misconduct, so they don't initiate a targeted investigation either.*

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## 4. Which item is considered a form of professional misconduct?

A. Inadequate documentation and record keeping.

B. High patient satisfaction.

C. On-time appointment reminders.

D. Adherence to confidentiality.

*The key idea is that proper documentation is a crucial standard of professional practice. Inadequate documentation and record keeping undermines patient safety, interrupts continuity of care, and can expose providers to legal liability, all of which meet the threshold for professional misconduct. High patient satisfaction, on-time appointment reminders, and strict adherence to confidentiality are all examples of appropriate, constructive professional behavior that uphold ethical and legal duties, not misconduct.*

## 5. Which of the following is a requirement for consent?

A. Disclosure

B. Documentation

C. Abandonment

D. Floating

*Informed consent rests on giving the person enough information to make a voluntary, educated choice. Disclosure is the essential piece here because it provides the details about what will be done, the risks and benefits, and available alternatives so the patient can understand what they are agreeing to. Without disclosure, the decision isn't truly informed, and autonomy isn't respected. Documentation can be important for proving that consent occurred, but it isn't the thing that makes consent valid in itself. Abandonment and floating aren't related to the process of obtaining consent.*

## 6. The practice of nursing is described as health promotion and care undertaken by which means to attain or maintain optimal function?

A. Supportive, preventive, therapeutic, palliative and rehabilitative means

B. Surgical interventions only

C. Pharmacological treatment only

D. Emergency medicine procedures

*Nursing practice centers on helping people achieve and maintain the highest possible level of function through a broad range of actions. This includes health promotion—teaching and supporting healthy choices; prevention—screening and immunization to stop problems before they start; therapeutic care—planning, monitoring, and delivering treatments and coordinating care to support recovery; palliative measures—relieving pain and suffering whenever cure isn't possible; and rehabilitation—assisting patients to regain independence and adapt to changing abilities. Together these modalities form a comprehensive approach that addresses physical, emotional, and social well-being across the lifespan. Other options describe only a single aspect—surgical interventions, drugs, or emergency procedures—not the full spectrum of nursing care aimed at optimizing function.*

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## 7. The CNO Professional Standards link to which elements?

A. Standards, guidelines and competencies

B. Hospital accreditation and inspection schedules

C. Medication formulary lists

D. Nurse recruitment policies

*The idea being tested is how the CNO Professional Standards are structured to guide nursing practice. They link to three elements that together define what good practice looks like: standards, guidelines, and competencies. Standards set out the expected professional performance and ethical responsibilities that all nurses must meet. Guidelines translate those standards into practical, actionable ways to apply them in day-to-day care. Competencies describe the specific knowledge, skills, and abilities nurses need to demonstrate to meet those standards in real clinical situations. The other options miss the regulatory framework this question focuses on: hospital accreditation schedules pertain to external facility evaluations, formulary lists relate to medication management within a setting, and nurse recruitment policies are human resources practices.*

## 8. How does self-identity integration support mental health in Self II development?

A. Increases fragmentation and reduces resilience

B. A coherent sense of self reduces fragmentation, fosters resilience, and enhances meaning and motivation

C. Eliminates stress completely

D. Decreases motivation and meaning

*When self-identity is integrated, a person carries a coherent sense of self where roles, values, memories, and goals fit together into one, stable narrative. This coherence reduces fragmentation, so internal conflicts less often pull you in opposite directions under stress. With a unified self, you're better equipped to bounce back from challenges because your beliefs and coping strategies are aligned and reliable. That alignment also makes actions feel meaningful and motivating, since they reflect core values and long term goals rather than shifting, inconsistent impulses. In short, an integrated self supports mental health by maintaining stability, boosting resilience, and providing purpose. Fragmentation would undermine stability, pretending stress can disappear isn't realistic, and decreasing motivation would undercut meaning—all of which explains why integration is the strongest approach.*

## 9. What characterizes criminal negligence?

A. Normal, Careful Practice

B. Reasonable Caution

C. Extremely Careless, Malicious or Reckless Disregard for Safety

D. Strict Liability

*Criminal negligence involves a gross deviation from the standard of care a reasonable person would observe, showing a reckless disregard for safety. The option that fits this idea best describes behavior that is extremely careless and demonstrates a reckless (or seriously negligent) disregard for others' safety. Normal, careful practice and reasonable caution reflect ordinary careful conduct, not negligence. Strict liability is a separate legal concept where someone can be liable without showing fault or negligence. So the description of extreme carelessness and reckless disregard aligns with criminal negligence.*

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**10. Authenticity in Self II is promoted by which process?**

A. Ongoing exploration and reflection to align decisions with personal values.

B. Routine adherence to childhood roles.

C. Avoiding new experiences to maintain stability.

D. Relying solely on external validation.

*Authenticity is promoted when you continuously explore who you are and reflect on whether your choices align with your personal values. This ongoing process helps you act in ways that express your true self rather than simply following habit, remaining fixed in the past, or seeking approval from others. Through exploration, you test ideas, try new experiences, and identify what genuinely resonates with you. Through reflection, you check that your decisions match your core values and make adjustments as needed. When actions consistently reflect your inner values, you experience greater coherence between who you are and what you do, which is the essence of authenticity. Sticking to childhood roles limits self-expression; avoiding new experiences blocks growth needed to discover authentic preferences; and relying only on external validation means decisions are driven by others, not by your own values.*

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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://devofself2test1.examzify.com

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

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