PRAXIS SPECIAL EDUCATION: FOUNDATIONAL KNOWLEDGE (5355) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://praxis5355.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What is the main focus of cognitive-behavioral therapy (CBT)?

A. Changing self-defeating thinking.

B. Enhancing physical health practices.

C. Practicing behavioral skills in group settings.

D. Administering medication for mental health issues.

2. What does the term 'universal design' in education primarily seek to achieve?

A. Exclusive focus on advanced learners

B. Accessibility and inclusivity for all learning styles

C. Standardization of learning materials

D. Reduction of teacher-student interaction

3. Which of the following therapies is primarily concerned with restoring physical function?

A. Occupational Therapy (OT)

B. Physical Therapy (PT)

C. Behavioral Therapy

D. Cognitive Therapy

4. What is the significance of Least Restrictive Environment (LRE)?

A. It allows students to be educated entirely separately

B. It ensures that students with disabilities are educated with non-disabled peers to the greatest extent appropriate

C. It provides the least amount of support for students

D. It prohibits any student from receiving special education services

5. What is the main focus of speech and language therapy in special education?

A. To improve academic performance

B. To enhance physical coordination

C. To help students improve communication skills

D. To develop social skills

SAMPLE

6. In special education, which of the following is crucial for evaluating the effectiveness of interventions?

A. Standardized testing scores only

B. Feedback from parents and teachers

C. Progress monitoring

D. Observations from other students

7. Why is cultural competency significant in special education?

A. It limits resources based on cultural backgrounds

B. It involves understanding and respecting cultural differences in educational approaches

C. It requires teachers to avoid discussing cultures

D. It focuses solely on promoting one cultural perspective

8. What do behavioral assessments primarily evaluate?

A. Academic performance in standardized tests

B. Students' emotional states during classes

C. A student's behaviors in various contexts

D. Family dynamics affecting learning

9. Which of the following is NOT one of the Universal Design for Learning (UDL) principles?

A. Action and expression

B. Assessment and evaluation

C. Representation

D. Engagement

10. Which principle of UDL focuses on promoting student motivation?

A. Representation

B. Action and expression

C. Engagement

D. Accessibility

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the main focus of cognitive-behavioral therapy (CBT)?

A. Changing self-defeating thinking.

B. Enhancing physical health practices.

C. Practicing behavioral skills in group settings.

D. Administering medication for mental health issues.

The main focus of cognitive-behavioral therapy (CBT) is changing self-defeating thinking. CBT operates on the principle that our thoughts, feelings, and behaviors are interconnected, and that negative or irrational thoughts can lead to emotional distress and maladaptive behaviors. By identifying and challenging these negative thought patterns, individuals can learn to alter their thinking, which in turn can improve their emotional state and lead to more positive behaviors. This therapeutic approach empowers individuals to develop healthier thinking styles, promoting resilience and helping them manage a variety of mental health challenges effectively. The other options, while relevant to mental health care, do not capture the essence of CBT. Enhancing physical health practices is more aligned with physical well-being rather than specifically addressing cognitive distortions. Practicing behavioral skills in group settings pertains more to social learning and support dynamics rather than the individualized focus on thought patterns characteristic of CBT. Administering medication for mental health issues is a pharmacological intervention rather than a psychological one, and does not involve the cognitive restructuring that is central to CBT methods.

2. What does the term 'universal design' in education primarily seek to achieve?

A. Exclusive focus on advanced learners

B. Accessibility and inclusivity for all learning styles

C. Standardization of learning materials

D. Reduction of teacher-student interaction

The term 'universal design' in education primarily seeks to achieve accessibility and inclusivity for all learning styles. This approach aims to create a flexible learning environment that accommodates the diverse needs of all students, including those with disabilities, different cultural backgrounds, and varying learning preferences. By incorporating multiple means of representation, expression, and engagement, educators can ensure that instructional materials and methods are designed from the outset to be accessible to everyone, rather than adapting them after the fact. This proactive approach fosters an inclusive classroom culture where all students can participate meaningfully in the learning process, enhancing their educational experience and outcomes. While standardization of learning materials might aim for uniformity, it does not account for individual learning needs. Focusing exclusively on advanced learners disregards the variety of skill levels in a typical classroom, and reducing teacher-student interaction could hinder the personalized support that is crucial for effective learning, especially for those who may require additional assistance. Universal design emphasizes the importance of engaging all learners effectively and ensuring that education is equitable.

SAMPLE

3. Which of the following therapies is primarily concerned with restoring physical function?

A. Occupational Therapy (OT)

B. Physical Therapy (PT)

C. Behavioral Therapy

D. Cognitive Therapy

Physical therapy (PT) is primarily dedicated to restoring physical function. This therapeutic approach focuses on the assessment, diagnosis, and treatment of individuals with physical impairments or dysfunctions. The main goal is to enhance mobility, reduce pain, and improve overall physical function through exercises, manual therapy, and other modalities. While occupational therapy (OT) also aims to improve function, it specializes in helping individuals perform daily activities and tasks, which may include fine motor skills, cognitive aspects, and adapting environments rather than focusing solely on physical restoration. Behavioral therapy tends to address mental and emotional challenges, while cognitive therapy focuses on modifying dysfunctional thoughts and beliefs. These therapies do not center on restoring physical capabilities, which is the primary focus of physical therapy.

4. What is the significance of Least Restrictive Environment (LRE)?

A. It allows students to be educated entirely separately

B. It ensures that students with disabilities are educated with non-disabled peers to the greatest extent appropriate

C. It provides the least amount of support for students

D. It prohibits any student from receiving special education services

The significance of Least Restrictive Environment (LRE) lies in its fundamental principle, which emphasizes that students with disabilities should be educated alongside their non-disabled peers to the greatest extent appropriate. This approach promotes inclusivity and supports the idea that, whenever possible, students with disabilities should participate in general education settings, rather than being segregated. The intent of LRE is to provide the necessary supports and accommodations that allow these students to thrive in a mixed environment while addressing their individual needs. By prioritizing education within the least restrictive setting, LRE seeks to enhance social interactions, provide positive role models, and foster a sense of belonging among all students. Moreover, it recognizes that each student's needs are unique and that placement decisions must be tailored accordingly, balancing the need for support with the benefits of inclusion. Therefore, the emphasis is on creating an environment where students can learn together, which is essential for both academic and social development.

SAMPLE

5. What is the main focus of speech and language therapy in special education?

A. To improve academic performance

B. To enhance physical coordination

C. To help students improve communication skills

D. To develop social skills

The primary focus of speech and language therapy in special education is to help students improve communication skills. This encompasses a variety of elements, including the development of spoken language, understanding language, articulation, fluency, and the overall ability to convey and interpret thoughts, feelings, and needs effectively. Effective communication is essential for academic success and social interaction, making it a crucial area of development for students with speech or language impairments. By targeting communication skills, therapists can significantly enhance a student's ability to participate in classroom activities, interact with peers, and engage in everyday conversations, thereby supporting their overall educational experience.

6. In special education, which of the following is crucial for evaluating the effectiveness of interventions?

A. Standardized testing scores only

B. Feedback from parents and teachers

C. Progress monitoring

D. Observations from other students

Progress monitoring is crucial for evaluating the effectiveness of interventions in special education because it involves systematically assessing a student's academic performance and behavior over time. This ongoing process allows educators to determine whether the interventions being implemented are helping the student achieve their goals. By regularly collecting data, teachers can make informed decisions about modifying or continuing specific strategies based on the student's response to the interventions. Utilizing progress monitoring provides objective evidence of a student's growth or challenges, ensuring that any adjustments needed can be timely and effective. It promotes a data-driven approach that allows schools to make necessary changes to instructional strategies, ensuring that each student's needs are met appropriately. While feedback from parents and teachers, standardized testing scores, and observations can all provide insights into a child's development, progress monitoring specifically focuses on tracking changes over time, making it the most reliable method for evaluating intervention effectiveness in a consistent and structured manner.

SAMPLE

7. Why is cultural competency significant in special education?

A. It limits resources based on cultural backgrounds

B. It involves understanding and respecting cultural differences in educational approaches

C. It requires teachers to avoid discussing cultures

D. It focuses solely on promoting one cultural perspective

Cultural competency is significant in special education because it involves understanding and respecting the diverse cultural backgrounds and perspectives of students. This understanding allows educators to create an inclusive environment that acknowledges the unique experiences and values students bring to the classroom. By recognizing and appreciating cultural differences in educational approaches, teachers can tailor their methods to better meet the needs of all students, including those with disabilities. This responsiveness can lead to more effective teaching strategies, improved student engagement, and better educational outcomes. Additionally, fostering cultural competency helps to dismantle biases and stereotypes that can negatively impact the educational experience for students from marginalized groups. It encourages collaboration and communication with families and communities, ensuring that the educational practices are culturally relevant and supportive. This holistic approach not only benefits students academically but also promotes social-emotional well-being by validating and honoring their identities.

8. What do behavioral assessments primarily evaluate?

A. Academic performance in standardized tests

B. Students' emotional states during classes

C. A student's behaviors in various contexts

D. Family dynamics affecting learning

Behavioral assessments primarily evaluate a student's behaviors in various contexts, focusing on how they act in different environments, such as in the classroom, at home, or during social interactions. These assessments measure specific behaviors to identify patterns, triggers, and the context of the behaviors, which are crucial for understanding a student's needs. By analyzing behaviors across various situations, educators and specialists can gain insights that inform interventions, support plans, and teaching strategies tailored to individual students. This comprehensive view enables a more accurate understanding of how behaviors impact learning and social interactions, facilitating targeted support to enhance the student's academic and personal development.

SAMPLE

9. Which of the following is NOT one of the Universal Design for Learning (UDL) principles?

A. Action and expression

B. Assessment and evaluation

C. Representation

D. Engagement

The principle that is not one of the Universal Design for Learning (UDL) principles is assessment and evaluation. UDL focuses on the various ways learners can access and engage with material to maximize their learning potential, ensuring that all learners can benefit from educational experiences. The three primary principles of UDL are representation, engagement, and action and expression. Representation involves providing information in multiple formats to cater to different learning preferences. Engagement focuses on motivating students and sustaining their interest through varied methods. Action and expression refer to the different ways that students can demonstrate their understanding and skills. While assessment and evaluation are important components of the educational process, they do not form one of the foundational principles of UDL. Instead, they are tools that can be used in conjunction with UDL to measure and support learners' progress within its framework.

10. Which principle of UDL focuses on promoting student motivation?

A. Representation

B. Action and expression

C. Engagement

D. Accessibility

The principle of Universal Design for Learning (UDL) that focuses on promoting student motivation is engagement. This principle emphasizes the importance of motivating learners through choices, autonomy, and fostering a sense of belonging. Engagement involves providing various ways to stimulate interest and motivation, ensuring that students feel connected to the learning process. By offering multiple means of engagement, educators can cater to different interests and preferences, which helps to sustain student motivation and encourages active participation in their own learning journey. In contrast, representation relates to how information is presented to learners, ensuring that content is accessible and understandable through various mediums. Action and expression focus on how students demonstrate their learning and skills, allowing them to choose different methods to express what they know. Accessibility is more about ensuring that all students can access the learning environment and curriculum, which is vital but does not directly address motivation as engagement does.

SAMPLE

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://praxis5355.examzify.com

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

SAMPLE