RRC PROFESSIONAL PRACTICE AND ETHICS PRACTICE EXAM (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 organizational culture impact professional ethics?

A. It has no impact on ethical behavior

B. It shapes the ethical climate and influences behavior

C. It only affects financial decision-making

D. It promotes competition over collaboration

2. Which factors are important for ethical decision-making in groups?

A. Avoiding communication to prevent conflicts

B. Open communication and diverse perspectives

C. Relying on a single authoritative voice

D. Limiting discussions to a few members

3. The law on contracts is provided for which of the following documents in the Philippines?

A. RA 101

B. RA 386

C. RA 917

D. RA 874

4. Under what circumstances can confidentiality be breached?

A. When a client expresses dissatisfaction

B. When there is a risk of harm to the client or others, or when legally mandated

C. When a client requests their records

D. When a counselor feels overwhelmed

5. What is one potential impact of unethical behavior in counseling?

A. Increased client retention

B. Higher rates of client success

C. Loss of professional credibility

D. Enhanced effectiveness of treatment

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6. What should a professional do when suspecting ethical breaches by a colleague?

A. Ignore the situation and focus on personal tasks

B. Discuss concerns with the colleague and report if necessary

C. Confront the colleague aggressively

D. Publicly accuse the colleague in front of others

7. What is an essential aspect of informed consent before therapy begins?

A. Explaining the therapist's personal experiences

B. Describing risks and benefits of treatment

C. Detailing the therapist's education history

D. Providing a list of session fees

8. What is the purpose of the ACA Code of Ethics in rehabilitation counseling?

A. To provide marketing strategies for counseling

B. To establish membership requirements

C. To provide guidelines for ethical practice

D. To dictate billing procedures

9. What type of contract specifies that the designer's fee is a percentage of the costs of labor and materials?

A. Fixed Fee Contract

B. Cost Plus Percentage

C. Time and Materials Contract

D. Unit Price Contract

10. What ethical concern arises when an Interior Designer accepts commissions from suppliers?

A. Conflict of Interest

B. Code of Ethics violation

C. Professional misconduct

D. Illegal activity

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Answers

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

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Explanations

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1. How does organizational culture impact professional ethics?

A. It has no impact on ethical behavior

B. It shapes the ethical climate and influences behavior

C. It only affects financial decision-making

D. It promotes competition over collaboration

Organizational culture plays a critical role in shaping the ethical climate within a workplace, significantly influencing the behavior of its members. A strong, positive culture emphasizes values such as integrity, accountability, and teamwork, which can guide employees in making ethical decisions. When the culture promotes ethical behavior, employees are more likely to align their actions with the organization's values and ethical standards. The shared beliefs, norms, and practices in a company create a framework within which individuals understand what is acceptable behavior. This environment encourages open communication, ethical decision-making, and may even lead to the establishment of formal codes of ethics that employees are expected to follow. Consequently, when individuals feel supported by their organizational culture to act ethically, this fosters an overall climate that prioritizes ethical considerations in daily operations. In contrast, if the culture is not supportive of ethical behavior, it might lead to practices that are unethical, as employees might feel pressured to meet goals at any cost or to conform to negative norms. Therefore, the impact of organizational culture on ethical behavior is profound and essential for fostering a workplace that values ethics across all levels of operation.

2. Which factors are important for ethical decision-making in groups?

A. Avoiding communication to prevent conflicts

B. Open communication and diverse perspectives

C. Relying on a single authoritative voice

D. Limiting discussions to a few members

Open communication and diverse perspectives are crucial factors for ethical decision-making in groups because they foster an inclusive environment where all voices can be heard. When group members feel comfortable sharing their thoughts and experiences, it enhances the collective understanding of ethical issues and ensures that different viewpoints are considered. This diversity can lead to more comprehensive analyses of potential consequences, helping to avoid biases that might arise from a more homogeneous group. Encouraging open dialogue allows for the identification of ethical dilemmas from multiple angles, promoting critical thinking and greater accountability. When individuals from varying backgrounds participate in discussions, they contribute unique insights that can illuminate ethical challenges that might be overlooked in a less inclusive setting. This collaborative approach not only strengthens the decision-making process but also aligns with the principles of fairness and respect, which are key in ethical practice.

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3. The law on contracts is provided for which of the following documents in the Philippines?

A. RA 101

B. RA 386

C. RA 917

D. RA 874

The legal framework for contracts in the Philippines is primarily outlined in the Civil Code, particularly in Republic Act 386. This law encompasses the general principles governing contracts, including definitions, essential requisites, forms, effects, and various types of contracts. It serves as the foundational legislation for contractual obligations and rights, providing clarity and structure to contractual relationships. The mention of specific numbers in the other options aligns with different laws that focus on various aspects of legal governance but do not specifically address contracts. Therefore, Republic Act 386 stands out as the correct choice for understanding the law on contracts in the Philippines.

4. Under what circumstances can confidentiality be breached?

A. When a client expresses dissatisfaction

B. When there is a risk of harm to the client or others, or when legally mandated

C. When a client requests their records

D. When a counselor feels overwhelmed

Breaching confidentiality is a critical issue in professional practice, particularly in fields like counseling or psychology. The correct response revolves around specific circumstances where maintaining confidentiality may not be possible or ethically justifiable. When there is a risk of harm to the client or others, it becomes necessary for a counselor or practitioner to take action that may involve breaching confidentiality. This is often guided by ethical standards and legal requirements aimed at safeguarding the well-being of everyone involved. For instance, if a client expresses intentions to harm themselves or others, the obligation to protect those individuals takes precedence over the client's right to confidentiality. Additionally, there are legal mandates that might require a professional to disclose certain information to authorities. This could include cases of abuse, neglect, or when a court order demands the release of confidential information. In these scenarios, the practitioner must navigate the complexities of ethical duties and legal obligations carefully. Understanding these circumstances is vital for maintaining professional integrity while fulfilling the duty to protect client welfare and comply with legal standards.

5. What is one potential impact of unethical behavior in counseling?

A. Increased client retention

B. Higher rates of client success

C. Loss of professional credibility

D. Enhanced effectiveness of treatment

Unethical behavior in counseling can significantly undermine a counselor's professional credibility. When a counselor engages in unethical practices, such as violating client confidentiality, exploiting the client-counselor relationship, or failing to maintain professional boundaries, it can lead to a loss of trust not only from the affected client but also from the wider community and professional peers. This erosion of trust can result in clients seeking services elsewhere and can damage the counselor's reputation within the profession, making it challenging to maintain or build a successful practice. Furthermore, professional licensing boards may impose sanctions or revoke licenses, further diminishing credibility and professional standing in the field. In contrast, the other options may reflect positive outcomes that are not associated with unethical behavior.

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6. What should a professional do when suspecting ethical breaches by a colleague?

A. Ignore the situation and focus on personal tasks

B. Discuss concerns with the colleague and report if necessary

C. Confront the colleague aggressively

D. Publicly accuse the colleague in front of others

When a professional suspects ethical breaches by a colleague, the appropriate response is to discuss concerns with the colleague first and report the situation if necessary. This approach is rooted in ethical principles that encourage open communication and resolution at the lowest level possible. Engaging in a direct conversation allows for clarification of intentions and circumstances, which may reveal misunderstandings rather than intentional wrongdoing. If the colleague provides no satisfactory explanation or if the behavior continues, it is essential to follow through by reporting the issue to the appropriate authority or supervisory channel. This ensures that the organization can take the necessary steps to investigate and address the breach in ethical conduct, thus maintaining the integrity of the professional environment. This thoughtful approach promotes accountability and supports a culture of transparency while also protecting the interests of all parties involved. It fosters a resolution process that is constructive rather than adversarial.

7. What is an essential aspect of informed consent before therapy begins?

A. Explaining the therapist's personal experiences

B. Describing risks and benefits of treatment

C. Detailing the therapist's education history

D. Providing a list of session fees

An essential aspect of informed consent before therapy begins is describing the risks and benefits of treatment. This process is crucial because it ensures that clients are fully aware of what to expect from the therapeutic process, including potential challenges and positive outcomes. By understanding the risks, clients can make an informed decision about their participation, recognizing that therapy may involve emotional discomfort or other unforeseen issues. At the same time, discussing the benefits helps clients to see the possible positive changes and growth they might experience, which can foster motivation and commitment to the process. The focus of informed consent is to empower clients by providing them with the knowledge necessary to make decisions about their treatment. This fosters trust in the therapist-client relationship and promotes ethical practice by ensuring that clients are not entering therapy with unrealistic expectations or limited understanding.

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8. What is the purpose of the ACA Code of Ethics in rehabilitation counseling?

A. To provide marketing strategies for counseling

B. To establish membership requirements

C. To provide guidelines for ethical practice

D. To dictate billing procedures

The purpose of the ACA Code of Ethics in rehabilitation counseling is to provide guidelines for ethical practice. This framework is essential as it outlines the professional standards and expectations that counselors are expected to uphold in their work, ensuring that they conduct themselves in a manner that is responsible, respectful, and responsive to clients' needs. By following these ethical guidelines, counselors can maintain professional integrity, promote the welfare of their clients, and navigate complex situations that may arise in the counseling process. This code also assists counselors in making informed decisions in challenging scenarios by providing a clear set of principles related to confidentiality, informed consent, dual relationships, and the overall treatment of clients. It serves as a foundational tool to help foster trust and accountability in the therapeutic relationship. In contrast, options regarding marketing strategies or billing procedures do not reflect the core intent of the ACA Code of Ethics, which is centered around promoting ethical conduct and protecting the interests of clients rather than addressing business-related aspects of counseling. Moreover, membership requirements are administrative matters that pertain to organizational standards rather than the ethical framework guiding practice in rehabilitation counseling.

9. What type of contract specifies that the designer's fee is a percentage of the costs of labor and materials?

A. Fixed Fee Contract

B. Cost Plus Percentage

C. Time and Materials Contract

D. Unit Price Contract

The correct choice is the cost plus percentage contract, as it directly relates to the method of compensation based on the actual costs incurred during the project. In this type of contract, the designer or contractor is reimbursed for the direct costs of labor and materials involved in the project and is additionally paid a percentage of those costs as the fee. This structure incentivizes the designer to ensure quality and thoroughness in the work, as their fee increases with the rising costs of materials and labor. This approach is particularly beneficial in scenarios where project costs cannot be precisely estimated at the outset, allowing for flexibility as the project evolves. It also fosters a collaborative relationship between the client and the designer, as both parties are engaged in the management of costs throughout the project. In contrast, a fixed fee contract establishes a set amount that will be paid regardless of actual costs, while a time and materials contract compensates based on time spent and materials used but does not specify a percentage of the costs. Lastly, a unit price contract defines payment based on specific measurable units of work rather than a percentage of costs. Each of those alternative contracts serves different purposes and scenarios within project management and design work.

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10. What ethical concern arises when an Interior Designer accepts commissions from suppliers?

A. Conflict of Interest

B. Code of Ethics violation

C. Professional misconduct

D. Illegal activity

The ethical concern that arises when an Interior Designer accepts commissions from suppliers primarily revolves around the potential for a conflict of interest. A conflict of interest occurs when a designer's professional judgment regarding the interests of their client may be compromised due to a financial incentive from a supplier. This situation can lead to decisions that may not align with the best interests of the client, particularly if the designer is incentivized to favor certain products or suppliers due to personal financial gain rather than selecting options based solely on quality, appropriateness, or client preference. While other choices relate to ethical practices, the essence of this particular concern focuses on ensuring that the designer remains impartial and promotes transparency in their recommendations. The integrity of the design profession relies heavily on maintaining trust and prioritizing the client's needs. Accepting commissions without full disclosure can undermine that trust and can often lead to grievances from clients who may feel misled or that the designer was not acting in their best interest. Thus, the accurate characterization of the ethical concern in this scenario revolves around conflicts of interest.

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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://rrcethics.examzify.com

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

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