

# CAM - Certified Academic Mentor Practice Test Questions and Answers

## 1. What is the primary goal of academic mentoring?

- A) Ensure mentees follow strict rules
- B) Support personal and professional growth
- C) Focus only on academic success
- D) Encourage dependence on the mentor

## 2. Which learning strategy aligns with metacognition?

- A) Memorizing without reviewing
- B) Self-monitoring and reflection
- C) Avoiding feedback
- D) Ignoring mistakes

## 3. What is an essential element of academic resilience?

- A) Avoiding challenges
- B) Developing a growth mindset
- C) Focusing only on failures
- D) Relying on external validation

## 4. What is the primary focus of cognitive learning theory?

- A) Stimulus-response associations
- B) Information processing and mental structures
- C) Social interactions
- D) Physical environment

**Answers: 1-B 2-B 3-B 4-B**

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