



WAYNE STATE

School of Social Work

ASWB Exam Panel

Tips, planning and prep for the MI social work licensure exam

Thursday, June 10, 2020 12:00pm to 1:30pm Zoom Meeting

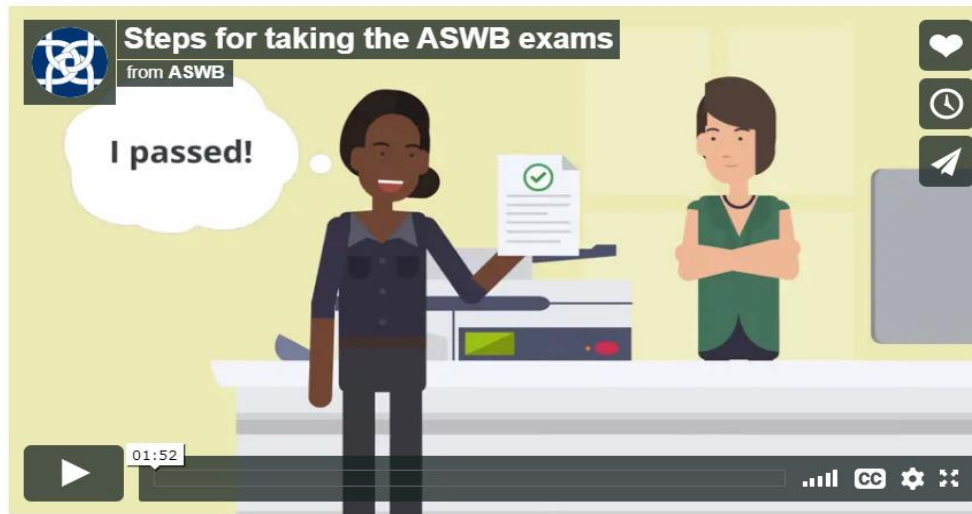
Resources Offered

- [Licensure prep exam available CE page](#)
- [Licensure Mentor Program via Alumni](#)

[Aswb.org/exam-candidates/](https://www.aswb.org/exam-candidates/)

Homepage > Exam Candidates

Exam Candidates



Congratulations on reaching this milestone in your career! Taking your licensing exam is an important step as you begin your profession or enter the next phase of your career.

As with any test, preparation and knowledge about what to expect will be critical to your success. The information is here on the ASWB website!

Examination fees:

Candidate Handbook
(PDF)

Testing
accommodations

Exam Registration

Registered Candidates

About the Exams

Exam materials

After the exam

Send your exam
results to another
state or province

Licensing and Regulatory Affairs

www.michigan.gov

**LARA - Social
Worker**

LICENSED



- Responsible for creating and deliver the social work licensing exam
- A nonprofit association of social work regulatory bodies in the United States and Canada.
- Includes 50 states, Washington, D.C., the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and all 10 Canadian provinces



- Mission - provide support and services to the social work regulatory community to advance safe, competent, and ethical practices to strengthen public protection

EXAM Requirement

- Will focus on MSW exams
- Must pass either the ASWB Clinical Examination or the ASWB Advanced Generalist Examination

ASWB Examinations

- Contain **170** multiple choice questions
 - **20** are non-scored items that are being pretested for possible inclusion as a scored question on a future ASWB examination.
 - only the **150** remaining items will count toward the score.
 - The pretest and scored items are mixed together on exam

Test items and cognitive ability levels

- Types of thinking – or cognitive levels - required to do when answering test questions
 1. Level one: **Recall** – a description or definition without application to a given situation; requires remembering previously learned material from a broad range of information
 2. Level two: **Application** - Use of information in a straightforward, specific setting – involves the ability to use learned material in new and concrete situations and may also include the application of rules, methods, concepts, principles, laws or theories
 3. Level three – **Reasoning** – the ability to use information in a certain context, with more information and options available. Judgement may be used; involve the ability to break material into it's component parts to understand structure. May also involve identifying the parts, analyzing relationship between the parts and the ability to put parts together to form a new whole

Improving Performance

1) Establish the basic tools needed.

- *Reading skills* – ASWB exams written at 10th grade level (not counting social work terms)
- *Critical thinking skills* – ASWB exams contain questions that require problem-solving and reasoning ability - Differences in recall, application, and reasoning questions
- *Anxiety management* – the reality is that ASWB exams are high-stakes tests (and cost is \$260!)

Accountability: Responsibility and Professional Role

- Taking responsibility for your license
- Be mindful of laws, rules, expectations
- Know who you are and the inter-play with who you are working with
- Self monitor for capacity to work
- Commitment to ongoing professional development – targeted to include knowledge, skills and abilities

Panelists

Sara Berlin, MSW 2020

- School Social Worker, Detroit Public Schools Community District
- Passed Exam January 19, 2021 - Clinical Exam
- Sara's professional experience is made up of working with children K-12 in multiple settings. Her specialty is children with trauma and emotional impairments. She currently works at a school in Special Education, consisting mostly of social-emotional learning and assessments.

Carolyn Chambers, MSW 2017

- Clinical Therapist, Macomb Family Services
- Passed Exam November 2018, Clinical
- As a clinical social worker, Carolyn has worked in community mental health with adults, inpatient psychiatric with adults and children, and outpatient counseling with adults and children.

Lawrence Robinson Jr., MSW 2018

- Academic Advisor II - Wayne State University School of Social Work
- Passed the Clinical Social Work Licensure exam on February 3rd, 2021
- Since earning my MSW degree in May 2018, my work experience has consisted of counseling university and K-12 students, along with providing psychotherapy services to youth and families.

Jeffrey Williams, MSW 2016

- Assistant director of mental health and wellness, University of Tennessee, athletic department.
- Passed the exam in November of 2020, clinical
- Has gained a great deal of Clinical experience through Community mental health, private practice, and as a school social worker. Provided individual, family, and group therapy to many different populations. currently provides mental health services to college athletes. Received training through Wayne County in the Trauma Focus Cognitive Behavior therapy model.

School Social Worker, Detroit Public
School Community District

Sara Berlin

My Plan to Prepare for Exam

- Decided how long I wanted to study for prior to taking the test
- Pro/Cons of study material available
- Found a study group
- Identified a personal accountability partner
- Created a study schedule

What Worked Well

- Set meetings with accountability partner
- Positive self-talk and encouragement
- Allowing myself extra space near the end of my schedule
- Identified a personal accountability partner
- Having a set study space
- Doing the practice tests as if it were real

What Didn't Work

- Negative talk about my progress
- Comparing myself to others and their practice scores
- Multiple study resources
- Taking away personal time
 - Not being active, forgetting about social life
- Not sticking to my schedule

Best Recommendations

- Remember some practice tests won't score you the same as the real one
- Take a break when you need to
- Everyone is in your corner to help you
- Prepare for the exam a couple days prior
 - Have a meal picked out, drive to the test site, take the day off, have an after-exam plan
- You already know most of this, follow your gut the day of the exam

Clinical Therapist, Macomb Family
Services

Carolyn Chambers

My Plan to Prepare for Exam

- When:
 - ▣ Planned to take exam in November, before holiday season
- How:
 - ▣ Took exam prep course in July
 - ▣ Started studying intentionally in August
 - ▣ Spent 1st study session getting comfortable with test prep material, reviewing table of contents, assigning prep content/practice tests/review sessions into separate study weeks
 - ▣ Maintained a flexible study schedule

What Worked Well

- Helpful Resources:
 - ▣ ASWB practice exam
 - ▣ WSU SSW Computer Lab practice exams
 - ▣ Quick Study Academic DSM-5 Overview (laminated flip chart)
 - ▣ Free Resources: phone apps, NASW MI Question of the Day
- During the Exam:
 - ▣ Choosing an answer, even if unsure, marking it, and coming back to it at the end
 - ▣ Taking a bathroom/eye break
 - ▣ Using provided headphones/earplugs
 - ▣ Using provided whiteboard

What Didn't Work

- The particular weekend exam prep class I chose offered by a competing state university
- Wearing jewelry to the exam
- Not anticipating test anxiety

Best Recommendations

- KNOW YOURSELF!!
- Think about logistics!
 - Consider driving to your test site the day before your exam
 - Consider asking somebody to drop you off/pick you up
 - Practice a “dry run”
- Positive Affirmations/Motivators:
 - If they can pass, I can pass.
 - I am not planning to take this test multiple times.

Academic Advisor WSU School of
Social Work

Lawrence Robinson Jr.

My Plan to Prepare for Exam

- **At First, I had NO Idea**
 - ▣ Where, What topics, How much depth, How long
- **I Joined the SW Mentor Program**
 - ▣ It gave me Community, and Hope
 - ▣ Mentors (Ashley/Austin)
 - ▣ I Asked Questions. EX: LCSW Exam
 - ▣ Gathered Resources
 - (Youtube, Exam Guide, Pocket Prep, Talked with Friends, Got their Notes, PassItPro, TDC)

What Worked Well

- **Having a program that was proven to work**
 - ▣ Therapist Development Center
 - Having a plan with structure
 - What, When, How to study
 - Pre-Test, Quizzes, Work Sheets, Audio Lecture, Two ½ Mock, 2 Full Mock Exams
- **Study Partner**
 - ▣ Accountability (Twice a WK to four, Pep Talks)
 - ▣ Morning & Evening Session from 7 – 8am & 9pm - 10pm
- **Support from Family**
 - ▣ Shoutouts to my wife and daughter for allowing me the peace of mind/time to study. Hardy/Healthy Meals leading up to exam

What Didn't Work

- **Using Multiple Exam Resources at Once**
 - ▣ ASWB Pocket Prep (Caution)
 - ▣ Quizlet
 - ▣ Random Youtube Videos
- **Keeping My Schedule Over the Holiday Breaks. Don't Beat Yourself Up.**
- **Taking Fruit into the Testing Sight**

Best Recommendations

- **Trust the process**
 - ▣ 75% is for sure passing.
 - ▣ 73% on first full mock (126 of 170)
 - I took the whole 4 hours for my first mock exam
 - ▣ 72% on 2nd Full Mock (125 of 170)
 - 2nd Exam I finished 35 min early, changed my answers
 - ▣ 71% on SSW exam
 - Questions were super wordy, I almost wanted to give up
 - ▣ 114 of 170 on exam. I needed 103 Question Correct
- **Review Code of Ethics Days Leading Up to Exam**
- **Take at a 10-Minute Break during Exam (Q 85)**

Assistant Director of Mental Health and Wellness
(Athletic Department)

Jeffrey Williams

My Plan to Prepare for Exam

- Passitpro.com
- Review NASW Code of Ethics
- Practice Exams
- Therapy to address self-sabotaging behaviors

What Worked Well

- Studying for short periods of times (45mins).
- Studying a minimum of 3 times a week.
- Answering questions (not just reviewing material)
- Listening to videos on (YouTube) (content areas that you may not be as strong in).
- Mindfulness

What Didn't Work

- Studying for long periods of time.
- Paying for tutors.
- Reviewing a lot of information for long periods of time
- Reading books about the exam.
- Studying in groups.

Best Recommendations

- [Passitpro.com](https://passitpro.com)
- Therapy for self-sabotaging behaviors
- Belief that you are able! (The Exam is not trying to trick you).
- Never give up!

ASWB Exam



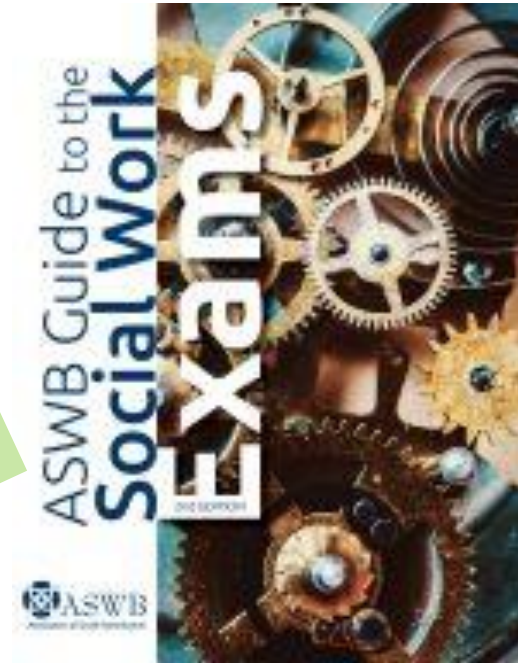
LINKS & RESOURCES

Digital \$15

Paper copy \$20

Tips on
preparing for
the exam

Exam Content
Outlines &
References



Exam
development
process

Exam
Administration
Process

ASWB “Suite” of Exam Resources

34

- **Candidate Handbook**

Free download from ASWB.org website

- **Guide to the Social Work Exams**

(\$20/\$15 e-book)

- **Exam content outlines** Free download aswb.org

organized by % of knowledge, skills, and abilities (KSAs) on exam

- **Individual Practice Exams** (\$85)

Resources From 2020 Panelists

Brooke Rodriguez, LMMSW (may need library access)

- <https://elibrary.wayne.edu/record=b5400519~S47>
- <https://ebookcentral.proquest.com/lib/wayne/detail.action?docID=5108153>

LaKeidra Bronner,

- Pocket Prep (ASWB LCSW)
- AATBS (<https://aatbs.com/social-work-clinical-exam-prep-package-self-study>)
- Facebook groups: LMSW/LCSW Study Groups (<https://www.facebook.com/groups/125915564815604>), Black Therapists Rock (<https://www.facebook.com/groups/btrdc>), Black Girls in Social Work (<https://www.facebook.com/groups/2100003930221912>)
- Phil Luttrell Youtube Channel (https://www.youtube.com/channel/UCN3MVOyj9uS5x_Npghc9dYg)

Elaina Brown, LMSW

- <https://www.aswb.org/wp-content/uploads/2017/04/2018-Clinical.df>
- <https://www.pocketprep.com/exams/aswb-lcsw/>
- <https://www.facebook.com/passitpro/>
- <https://forms.wayne.edu/570289c2a6e90>

Aubrey Gilliland, LMSW

- [ASWB generalist exam guide](#)
- [ASWB generalist practice exam](#)
- [DSM-5 quick overview guide](#)