## BACHELORS ASWB LICENSURE EXAM

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## **APPLICATIONS (APP)**

- Online Practice Test:
  - <u>https://www.aswb.org/exam/getting-</u> ready-for-the-exam/online-practice-<u>test/</u>

### • Cell Phone:







A social worker is meeting with a client who is considering quitting her job to start her own business. The social worker encourages the client to make a list of reasons she should and should not leave her current job. The social worker is asking the client to base her decision on which of the following theories?

#### Social learning

Systems

Social exchange

Harm reduction

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#### Social exchange

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#### Correct answer: Social exchange

Social exchange theory is based on the idea of totaling potential benefits and losses to determine behavior. A client will leave a current situation, such as a relationship or job, when the alternative is seen as better than the current situation (rewards outweigh costs).

The remaining answer options are incorrect. The harm reduction model is one that seeks to reduce risks associated with harmful behaviors, such as substance use, without requiring a client to discontinue use. Social learning theory posits that individuals learn from observing others. Systems theory operates from the perspective that an individual is in constant interaction with his or her environment.

Apgar, D. Social Work ASWB Bachelors Exam Guide, Second Edition: A Comprehensive Study Guide for Success Pg 219.

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### TEST TAKING SKILLS

The Bachelors Licensing Exam is:

A grueling, difficult, endurance test which is 170 questions (4 hours to complete). The one must be ready to read, comprehended, and apply the concepts learned from the BSSW curriculum.

One will spend about 70 seconds or less on each question. This will permit one to have about 40 minutes to take breaks or time to review one's answers.

Time management is key. Advice: Take the ASWB practice exam about 30 days prior to the test day. Use one's phone to time 70 seconds. Determine how much you can read and make a decision within 70 seconds. Practice this to develop an internal clock.

While taking the exam take at least 2 breaks. One at 70<sup>th</sup> and 85<sup>th</sup> questions and one the 140th -150th questions. Take time to move (stretch, stand up, stretch one's neck and arms). At the 140<sup>th</sup> question take a break then return to the test and decided if a review of questions is needed.

- One's brain consumes 20% of one's energy. Therefor, eat a nutritional food before one begins the exam and during one's break. One cannot take a snack into the testing room (unless medically required) but have the snack in the waiting room in case one needs a snack.
- Have a friend or family member take you to the exam. Arrive 30 minutes early.
- Strategies for answering specific questions will reduce one's anxiety level. Also, anxiety and stressed are reduced by exercise. Exercise a few days before the exam. Stress and anxiety are chemical pumping through one's body. The quickest way is to filter the kidneys through kidneys. People feel better after a walk or workout. Increased heart rate will remove these chemicals faster. Take a 15-minute walk before studying and before taking the exam.

## INFORMATION ABOUT THE EXAM

- ASWB's Bachelors Social Work Licensing Content Outline and KSAS:
  - https://www.aswb.org/wp-content/uploads/2020/12/2018-Bachelors.pdf
- ASWB Examination Guidebook:
  - https://www.aswb.org/wp-content/uploads/2022/07/ASWB-Examination-Guidebook.pdf
- Applying for the Exam:
  - Prior to last semester schedule to take the bachelor's exam during the break before the last semester (summer or winter break)
- One must wait 3 months before taking it again if one fails the exam. Application fees must be paid again.

# MSU LIBRARY SERVICES

- The MSU Library provides the Social Work ASWB Bachelors Exam Guide which is in the reserve section.
- A primary studying tool for the licensure exam is studying the BSSW curriculum which is directly linked to the contents of the exam.

# SITES TO USE WHEN STUDYING FOR THE LICENSURE

- MN Board of Social Work
  - https://mn.gov/boards/social-work/
  - MN BOSW Application webpage:
    - https://mn.gov/boards/social-work/applicants/
  - ASWB owns the licensure exam
    - <u>https://www.aswb.org/exam-candidates/</u>

The Social Work Prep Test (do not know the organization which owns this webpage)

https://www.socialworktestprep.com/free-social-work-exam-study-guide

## PEARSON'S TEST CENTERS VENUE

• The Pearson Test Centers provides global computer-based testing sites for academic, government, and professional testing programs.

#### • General Rules

All belongings are put away once you arrive
Breaks are allowed, but the exam clock does not stop
Food, drinks, or smoking devices are not permitted in the testing room
The test center staff will supply you with a piece of paper and a writing utensil

# WHAT THE TEST CENTER WILL LOOK LIKE

## SOCIAL WORK DEFINITIONS & VOCABULARY

#### Social Work Dictionary

- MSU Library (on the Shelves):
  - Barker, R.L. (Ed.) (2014) The Social Work Dictionary (6<sup>th</sup> Edition). National Association of Social Workers
- Department of SOWK
  - Has a copy in the Office
- Social Work Encyclopedia:
  - Mizrahi, T. and Davis, L.E. (Eds) (2008). Encyclopedia of Social Work (20<sup>th</sup> Ed.). National Association of Social Workers and Oxford Press
  - MSU Library Online:
    - https://www-oxfordreference-com.ezproxy.mnsu.edu/view/10.1093/acref/9780195306613.001.0001/acref-9780195306613
    - On the shelves in the library
  - Department of Social Work
    - Has a copy in the Office