



LMSW TEST PREP ORIENTATION AND STRATEGIES

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Stony Brook School of Social Welfare



Welcome

Goal: PASS LMSW EXAM!

- Introductions

- Congratulations!

Graduation around the corner

Goal: PASS LMSW EXAM!

- Safe space
- Not alone in your concerns
- Some “concern” is motivating

Goal: PASS LMSW EXAM!

- Group Work / Mutual Aid
- Supportive SWs
- Balance between professional challenge and a puzzle to figure out...

Goal: PASS LMSW EXAM!

- Outline of workshop
 - 4-hour class
 - Practice Questions
 - Study groups / Individual studying



Goal: PASS LMSW EXAM!

- When was the last time you took a standardized test?
- Some things you have control of and some you don't....
- Each student create a customized study plan

Goal: PASS LMSW EXAM!

- Test as indicator of good standardized test taker. Not indication of your intelligence nor of your capabilities as a SW.
- Real World vs. World of the Test
- “A mile wide and an inch deep”
- “Think IOWA”

Goal: PASS LMSW EXAM!

- 50% reading and studying content areas
- 50% test taking techniques / reviewing exams
- 75% is passing



Association of Social Work Boards (ASWB)

- Four Content Areas
 - Human Development, Diversity and Behavior in the Environment (28%)
 - Assessment and Intervention Planning (24%)
 - Direct and Indirect Practice (21%)
 - Professional Relationships, Values and Ethics (27%)

Association of Social Work Boards (ASWB)

- National Standardized Test
- 170 multiple choice questions
- Four hours (continual clock)
- Electronic Format (tutorial)

Association of Social Work Boards (ASWB)

- Not penalized for guessing—answer every question (questions left unanswered are always scored as incorrect).
- 20 pretest items, not counted in the scoring, but unable to differentiate.

STUDY PLAN



PASS LMSW STUDY PLAN

- A comprehensive, generalist exam
- Accuracy and then speed
- Real World / World of the Test

PASS LMSW STUDY PLAN

- Consistent studying
- 4 hours at a time
- 25 Questions at a time
- Not easy process / training for marathon

PASS LMSW STUDY PLAN

- Mastering the material
(teach it? teach it to a 12 year old?)
- Become familiar with terms, concepts, theories and skills
- Focus when studying

PASS LMSW STUDY PLAN

- Make the material meaningful
- Your own words / paraphrase
- Maintaining productive attitude
- Reducing anxiety / what works?

PASS LMSW STUDY PLAN

- Approach as a puzzle or game...some “sucky” questions...
- Some “sucky” answers...choose the least “sucky” answer.

PASS LMSW STUDY PLAN

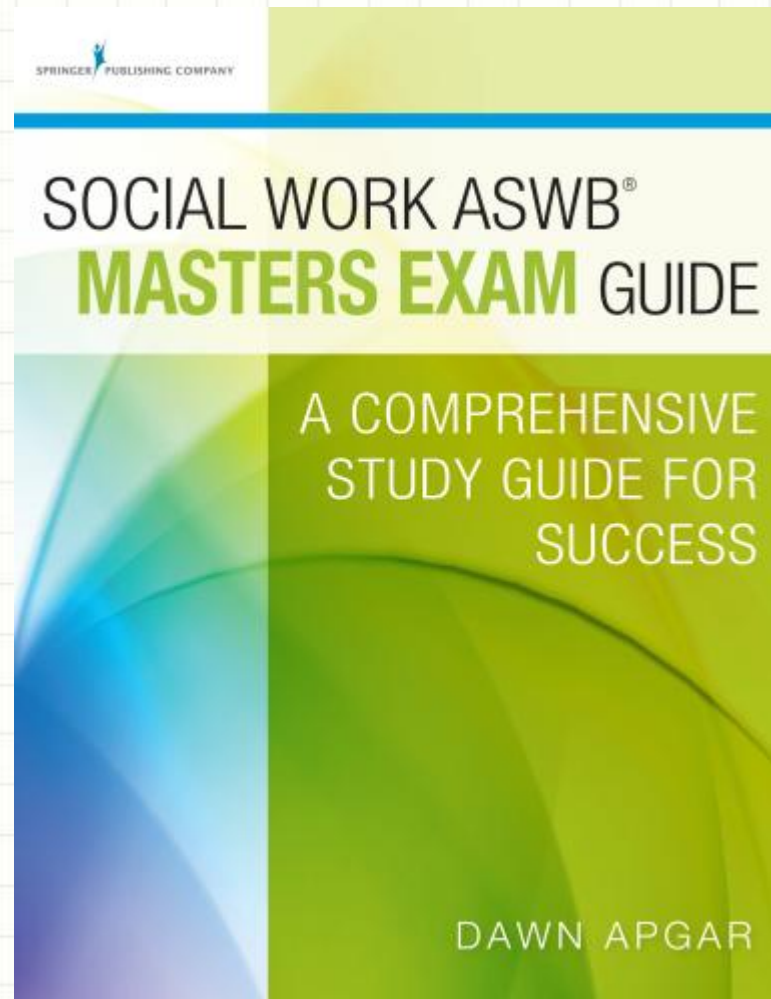
- “Know Thyself”
 - What works for you? What doesn’t?
- Be confident, visualize passing

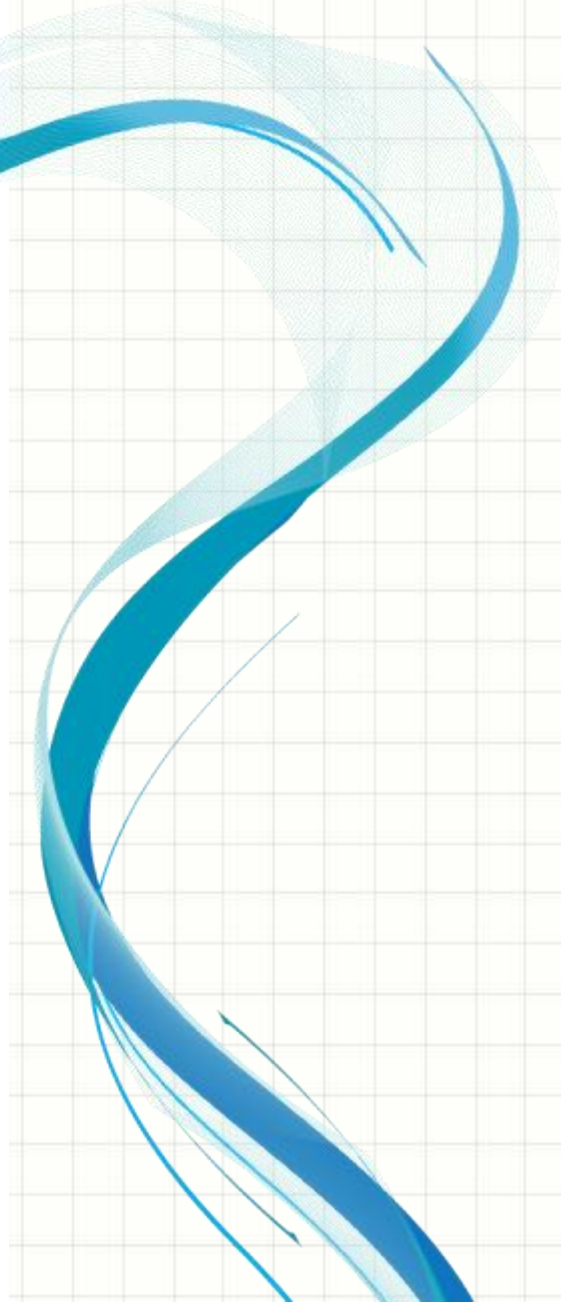


Test Prep Materials



Dr. Dawn Apgar's Exam Guide





Practice Questions

Approaching the Questions

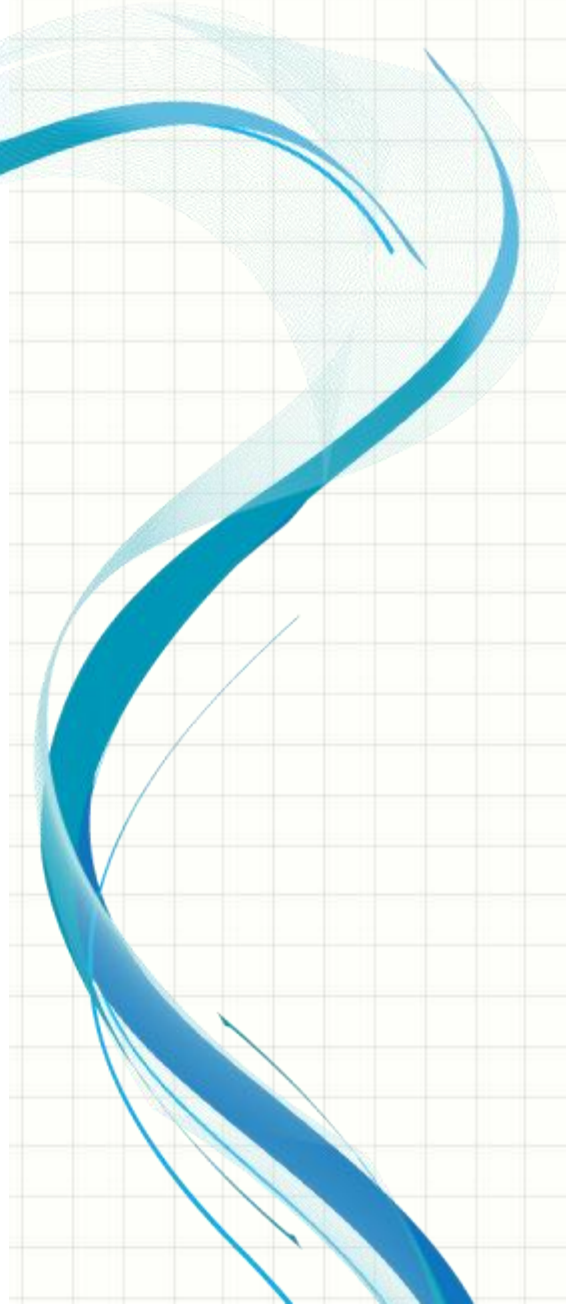
- **Factual or Situational?**
- **Factual?**
- What is the paraphrase?



Approaching the Questions

- **Situational?**
- What is my role?
- What are the important points?





Practice Questions 1-25

Goal: PASS LMSW EXAM!

- Content / “A mile wide and an inch deep”
 - discuss strategy
 - student confidence
 - personal decision-making
 - research definitions / diagnosis’
- What is “prepared”? How best to study?

Goal: PASS LMSW EXAM!

- Study tips:
 - using study guides
 - flash cards
 - test-like conditions, concentrated/uninterrupted focus, limited breaks
 - sense of humor/good attitude
 - managing expectations and frustrations
 - process of elimination
 - finding the flaws in other three answers
 - electronic apps / on-line ASWB practice test (\$85)

Goal: PASS LMSW EXAM!

- Office of the Professions / NY State \$294
<http://www.op.nysed.gov/prof/sw/>
- Form One / student with payment / notarized
- Form Two / school (slow process)
- Limited Permit / \$70 and LCSW Supervisor
- SW school code, each school has a six-digit code

Goal: PASS LMSW EXAM!

- Register for LMSW test with the Association of Social Work Boards (ASWB) \$230

<https://www.aswb.org/exam-candidates/exam-registration/>

Goal: PASS LMSW EXAM!

- Schedule your exam / Pearson Vue
800-884-9537 and pearsonvue.com/aswb
- Cancel/change exam appointment within 24 hours prior to appointment time
- No refunds, late arrivals, late cancellations

Goal: PASS LMSW EXAM!

- **Scout out test site in advance**
- Note weekend/weekday transportation/traffic/parking changes
- Arrive 30 minutes early on test day
- Bring non-expired government issued ID that matches the name on the ASWB authorization
- Wear comfortable clothes / layers / no personal items (small storage lockers)
- Identify any problems with proctor immediately

Goal: PASS LMSW EXAM!

- Exam security
- Pass: Unofficial score report (keep for your records)
- Don't Pass: Receive diagnostic info outlining your performance on the test. Wait 90 days before taking another exam.

Goal: PASS LMSW EXAM!

- What's the “best” answer, not the “right” answer?
- Flagging questions
- Don't tell anyone (??)/Accountability Partner
- Visualize passing, imprint your brain
- How do you know when you are ready to take the exam?

Test Taking “Golden Nuggets”

- The answer must be relevant to the question
- Culturally sensitive answers
- Prioritize “first” “immediate”
- Look at like answers and see what’s different about them
- Safety first
- Rule out medical causes

Test Taking “Golden Nuggets”

- National test, never be asked specific State/County laws – Federal Laws only i.e. age of consent
- “Always” “Never” “Only” – no absolutes
- Throw away questions: can’t eliminate?
Guess and MOVE ON
- Don’t get stuck in previous questions/answers

Test Taking “Golden Nuggets”

- Confront your colleague first to give them the benefit of the doubt
- Test World doesn't like extremes i.e. jumping to report a colleague to the State to lose license or involuntarily committing a patient to the psych ward

PASS LMSW STUDY PLAN

- Make the material meaningful
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PASS LMSW STUDY PLAN

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PASS LMSW STUDY PLAN

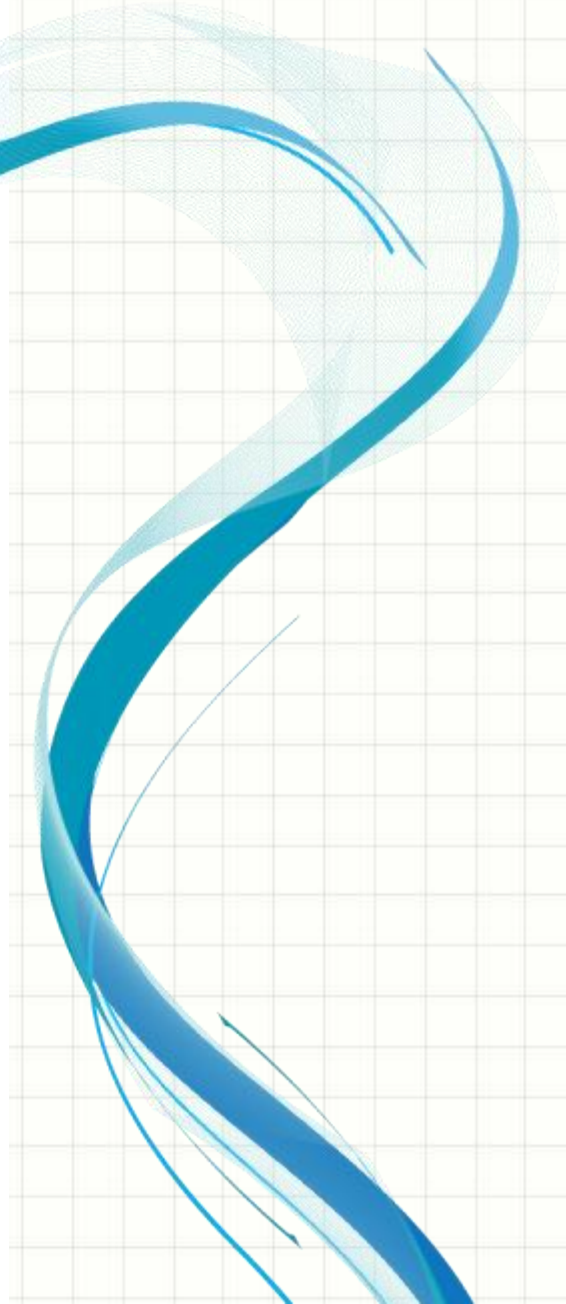
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- “Grit: The Power of Passion and Perseverance”
Angela Lee Duckworth, TED Talks Education,
April 2013 (6:09)
- https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en





Practice Questions 26-50

Overcoming Test Anxiety



Overcoming Test Anxiety

- Mental Preparation
- Physical Preparation
- Relaxation Techniques



Mental Preparation

- What to do before your exam:
 - Be prepared
 - Review Material
 - Don't Cram
 - Scout out exam location ahead of test
 - Arrive early on test day
- What to do during your exam:
 - Be test wise and have a plan

Physical Preparation

- What to do before your exam:
 - Food
 - Rest
- What to do during your exam:
 - Be comfortable
 - Be aware of environment

Relaxation Techniques



Goal: PASS LMSW EXAM!

- “It is not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better,” Theodore Roosevelt said. “The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood -- who strives valiantly, who errs, who comes short again and again, because there is no effort without error and shortcoming.”



STUDENT QUESTIONS?

