

Licensing Exam Practice Questions

Everyone has a different study style but the best way to study for this exam is to test your self on the art of the multiple choice question. The exam will have 170 multiple choice questions. Most are based on social work practice theory. The most common questions involve a vignette with a client presenting with a problem and then asking what would you do first. The advantage of practicing this type of question is to learn patterns of questions and patterns of what they think are right answers (usually all are good answers but only one is what you would do first). For example the most common answers focus on: assessing first before you treat; or building a relationship first; or focusing on a client's affect first; or dealing with basic needs before psychological needs. There will also be questions on DSM diagnosis; family systems concepts; group theory; ethics, etc. Expect a few questions on Research and a few on Policy, but 80% will be practice based. **Please see the ASWB Study Guide for more questions and consider the NASW Review Course**

1. In an initial session with a social worker, a client mentions having been hospitalized several times for depression. When the social worker attempts to explore the hospitalizations, the client becomes tense and guarded, saying "it's old history". The client refuses to give permission for the records to be released. The social worker should **FIRST**:
 - (A) explore why this topic appears to be upsetting the client
 - (B) acknowledge the client's right to decide about release of records
 - (C) reassure the client that the focus will be on present issues
 - (D) assess the client's current level of depression
2. When faced by a hostile client in an agency setting, it is **BEST** for the social worker to:
 - (A) suggest that the client's attitude is making the situation worse
 - (B) accept the client's hostility and talk about nonthreatening topics
 - (C) set limits and structure on the interview session
 - (D) acknowledge the client's feelings and encourage discussion of them
3. A client who has received services for several years in a dialysis unit appears for a routine visit. The nurse notices a markedly changed affect and refers the client to the social worker. When seeing the social worker, the client seems detached, self-absorbed, and tearful. The social worker should **FIRST** assess the client's:
 - (A) life situation and recent changes
 - (B) compliance with medical care
 - (C) concerns about dying
 - (D) feelings about dialysis
4. During Mrs. S's first appointment in a family agency, the social worker encourages her to express her feelings about the recent placement of her child in a residential facility for the developmentally disabled. Mrs. S talks at length instead about her physical health problems. The social worker should:
 - (A) use Mrs. S's remarks about her health to identify unresolved parenting issues
 - (B) refocus the interview on the child's behavior and the reason for the residential placement
 - (C) explore with Mrs. S how her health problems are related to the recent placement of her child
 - (D) listen to Mrs. S's description of her health as a beginning of a relationship and means of assessing her self-perception

5. A couple expressing extreme anger at each other come to a social worker for marital counseling. The social worker should **FIRST**:
 - (A) explore the goals the anger is masking
 - (B) clarify whether each partner is willing to hear the other
 - (C) acknowledge the anger each partner has toward the other
 - (D) use the interview to probe for positive feelings each has for the other.

6. A social worker has been asked to assist an elderly client in making alternative living arrangements. In the initial interview, the client repeatedly attempts to discuss past experiences. What is the social worker's **MOST** appropriate response to the client?
 - (A) ignore the references to the past
 - (B) facilitate discussion of the recollections
 - (C) refer the client for psychiatric evaluation
 - (D) administer a geriatric evaluation scale

7. A hospital social worker interviews a couple whose six month old infant has recently been hospitalized for cystic fibrosis. The social worker notices that the parents are reluctant to touch the child. Based on this information, the social worker's **FIRST** intervention should be to:
 - (A) explore the parent's reaction to the child illness
 - (B) refer the couple to a support group
 - (C) evaluate the situation for out-of-home placement
 - (D) provide the couple with information

8. In the first session with a school social worker a high school student reveals he has been cutting school and forging his mother's name on absence excuses. The social worker should:
 - (A) inform the student that the social worker has a responsibility to inform his mother
 - (B) avoid negatively reinforcing the attention-seeking behavior
 - (C) suggest that it would be best for him to inform school authorities and accept responsibility for his behavior
 - (D) explore the reasons for the absences and factors contributing to the behavior

9. A family comes to an agency complaining of their child's behavior problems. As a result of the assessment phase, the social worker believes that the marital relationship is the primary problem. The social worker should focus on:
 - (E) the parents, confronting them with their relationship issues
 - (F) the child and the ways the parents should react to the behavior
 - (G) a discussion of the social worker's perception of the marital relationship
 - (H) developing the child's insight into behavior as a reaction to marital stress

10. A 28 Yr old client with a long standing history of drug use is referred to a social worker by a concerned relative. In the assessment interview, the client tells the social worker about frequent cocaine use. The social worker should **FIRST**:
 - (A) conduct a family interview to evaluate the family's concern
 - (B) begin treatment, focusing on the reason for drug abuse
 - (C) refer the client to a substance abuse program
 - (D) evaluate the client's motivation for change

Developmental Theory

11. The developmental tasks of self evaluation and skill learning are associated with what life stage?
 - (a) toddlerhood 2-4 yrs
 - (b) early childhood 4-6 yrs

(c) middle school 6-12 yrs

(d) early adolescence 12-18 yrs

12. Parents of a 4 yr old are referred to a social worker after a physical exam reveals no physical problem preventing the child from being toilet trained. The parents reveal that the child has not been able to separate from them to attend nursery school and he sleeps with them most nights. The most important area to focus on in the assessment phase is the:
- (a) parents use of rewards and punishments with the child
 - (b) early developmental and family history of each parent
 - (c) parents understanding of the child's developmental processes
 - (d) ways in which the child interferes with the parents own relationship

Defenses

13. The 2 most common defenses used by couples with marital problems are
- (a) repression and denial
 - (b) repression and suppression
 - (c) projection and displacement
 - (d) projection and splitting
14. A client who expresses no overt anger accuses her social worker of being angry, hostile, suspicious and cold. The process being used is most likely
- (a) projective identification
 - (b) paranoia
 - (c) reaction formation
 - (d) isolation of affect

Family Systems

15. Which of the following characteristics is usually not found in families in which incestuous relationships have occurred?
- (a) Enmeshment of family members
 - (b) Distorted patterns of communication
 - (c) Symbiotic mother-child relationships
 - (d) Moralistic attitudes to extramarital affairs
16. Which of the following assumptions is not accepted by a social worker engaged in family treatment
- (a) each person strives for a sense of relatedness and closeness with others
 - (b) treating the scapegoated family member will help the rest of the family
 - (c) family members explain their own sense of worth on the basis of the behavior of others
 - (d) family boundaries are the means for individuals protect differences and maintain identity
17. After 6 weeks of marital therapy, a couple continues their destructive pattern of fighting. In the next session when the couple begins yelling at each other, the social worker stops them and states "your situation is hopeless, fight as often as you wish". She is using the technique of?
- (a) encouragement
 - (b) reframing
 - (c) prescribing a ritual
 - (d) paradoxical directive

Cognitive or Behavior Theory

18. The major goal of behavioral treatment of depression reflects the view that depression is the result of
- (a) role confusion
 - (b) Negative cognition
 - (c) poor interpersonal skills
 - (d) absence of positive reinforcement
19. The view that learning takes place through observation and that new responses are acquired through the process of imitating models is associated with
- (a) cognitive behaviorism
 - (b) operant conditioning

(c) social learning

(d) classic conditioning

20. Mrs. W asks for help with her 6 yr old daughters frequent temper tantrums. The tantrums often occur when shopping. When the child sees something she wants she screams and kicks until her mother gives her the item. When asked how she responds, Mrs. W says she usually gives in to avoid being embarrassed. Which behavior principle is demonstrated?
- (a) The child is negatively reinforcing mother's compliance with the child's demands
 - (b) The child is positively reinforcing mother's giving in
 - (c) Mother is negatively reinforcing the child's behavior
 - (d) Mother is positively reinforcing the child's behavior

Medications

21. Which of the following medications is primarily used in the treatment of psychosis?
- (a) haldol
 - (b) xanax
 - (c) wellbutrin
 - (d) prozac

Psychopathology

22. A client whose mother dies following a long term illness states to the social worker that he believes that his angry thoughts about his mother caused the death. This is an example of
- (a) delusions
 - (b) grandiosity
 - (c) ideas of reference
 - (d) magical thinking
23. A 24 yr old woman complains of depressed mood. She tells the social worker that she has felt this way the past 2-3 yrs. She has little energy for social or work activities, has difficulty making decisions and concentrating, and has poor appetite. There are no delusions or hallucinations. Her most likely DSM IV diagnosis is?
- (a) Dysthymic disorder
 - (b) Bipolar disorder, depressed
 - (c) Cyclothymic disorder
 - (d) Major depression, recurrent
24. A man is seen in the ER with complaints of visual hallucinations, confusion and restlessness. He also has chills, dilated pupils and nausea. He says "nothing is wrong, I just need sleep". Which of the following substances is most likely the cause of the condition?
- (a) alcohol
 - (b) marijuana
 - (c) cocaine
 - (d) barbiturates
25. Borderline personality disorder is characterized by all of the following characteristics except
- (a) intense long term relationships
 - (b) primitive delusional fantasies
 - (c) lack of control of aggressive drives
 - (d) self-destructive behavior
26. A patient complains of sleeplessness, loss of appetite, feeling hopeless, general apathy. To help diagnose a social worker would most need to know
- (a) medications the client is taking
 - (b) family history of depression
 - (c) how long the symptoms have persisted
 - (d) if the patient lives alone
27. A 45 yr old recently divorced mail carrier complains his memory and logic skills have diminished. He is on a new delivery route and is embarrassed that he can't visualize the exact boundaries of the route or calculate his workload and schedules. These are important factors in his job and he is worried. He has developed a slight limp and tires easily. What would the social worker first consider?

- (a) a referral for a medical and neurological evaluation
- (b) a diagnosis of early onset Alzheimer's
- (c) the possibility of a substance abuse problem
- (d) an adjustment reaction to his divorce

answers: 1:B; 2:D; 3:A; 4:D; 5:C; 6:B; 7:A; 8:D; 9:C; 10: C
11-c; 12-c; 13-c; 14-a; 15-c; 16-b; 17-d; 18-d; 19-c; 20-d;
21-a; 22-d; 23-a; 24-c; 25-a; 26-c; 27-a.