

## Beta Chi PCLE Review

### I. Applying to take the PCLE

#### A. Mail the Ohio CSWMFT Board:

1. Letter from JCU stating you are in your last semester of the program
2. Letter from YOU requesting to take the exam
3. Unofficial copy of your transcript (<http://application.jcu.edu:8050>)

#### B. After you receive the packet back from the board:

1. Mail the test application to NBCC with a check
2. Keep the eligibility letter in a safe place – you need it to be admitted on test day!
3. Keep the license application in a safe place as well... if you lose it, you will have to contact the board for another one.

#### C. After you receive notice from NBCC that you are eligible for the exam (via email and postcard):

1. Go online to register: <http://www.goamp.com>
  - a) Register early—there are only 3 testing spots for each day/time offered, so they can fill up quickly
2. You will receive a verification email immediately upon registering, along with a reminder several days before your scheduled exam date.
3. Study!

#### D. Take the test

1. Test center is in an H&R Block office in Brook Park, near the airport (unless it's been changed)
2. Bring 2 forms of ID (one of which must be gov't issued, with a photo) and your eligibility letter
3. Note that you can't bring anything into the room, so leave everything else in the car

### II. Study Materials

#### A. Books (<http://www.nbcc.org/exams/study.htm>)

1. The Encyclopedia of Counseling, Howard Rosenthal (\$49.99)
2. The Arthur NCE Exam Study Guide (\$200)
3. AATBS 2005 NCE Independent Study Program (starts at \$199)
4. NBCC's Official NCE Preparation Guide (\$24.95)
5. NBCC Guide to the PCLE (mailed to you from the CSWMFT Board, also online at <http://www.csi-betachi.org>)
6. Lanahan Case Studies (from psychopathology course)

#### B. Courses (<http://www.nbcc.org/exams/study.htm>)

1. IPGA (\$199 and up)
2. The Ohio PCLE Review (\$179 - \$259)
3. JCU Continuing Education prep course (see Office of Continuing Ed brochure)
4. Wellspring Review ([www.lpcreview.com](http://www.lpcreview.com))

### III. Preparation

#### A. Part I – NCE

##### 1. Eight CACREP Domains

- |                                      |                      |                 |
|--------------------------------------|----------------------|-----------------|
| a) Helping Relationships             | 36 Questions = 22.5% | } 66% of Part I |
| b) Professional Orientation & Ethics | 29 Questions = 18.1% |                 |
| c) Career & Lifestyle Development    | 20 Questions = 12.5% |                 |
| d) Appraisal                         | 20 Questions = 12.5% |                 |

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|----------------------------------|---------------------|-----------------|
| e) Research & Program Evaluation | 16 Questions = 10%  | } 34% of Part I |
| f) Group Work                    | 16 Questions = 10%  |                 |
| g) Human Growth & Development    | 12 Questions = 7.5% |                 |
| h) Social & Cultural Foundations | 11 Questions = 6.9% |                 |
2. Though it changes with every administration, cutoff scores for passing typically range from 93-104 raw points (out of 160).
  3. This means you can pass Part I with a percentage of 58% – 65%, so don't freak out if you don't think you're doing well!
  4. Knowing this, how will you study for the content section?
  5. Sample questions for each domain.
- B. Part II - Clinical Case Studies
1. You likely won't go wrong in your answer if you always ask the question, "what will most benefit the client?"
  2. Maslow's hierarchy – what is the client's most basic need? Remember: basic needs must be met before higher-order needs.
  3. Know your material on family therapy / systems therapy.
  4. Think about your professional ethics in a variety of situations: duty to warn if a patient has HIV/AIDS, informed consent, scope of practice, release of information paperwork, etc.
  5. Read the questions very carefully. Pay attention to each word and make sure the answer you choose truly answers the question asked.
  6. Weed out extra information and focus just on what's important.
  7. Practice. Read a broad range of case studies and get comfortable with them.
  8. Slow down. Take your time. Breathe.
  9. Sample case study with questions.
- C. Studying Strategies
1. Study during the same block of time each day.
  2. Try to organize your studying so you are studying during the same block of time during which you will actually take the exam (either 9am-1pm or 1pm-5pm).
  3. See if you can study during the entire 4-hr block, taking only small breaks, like you likely will on test day.
  4. Study where there's some noise/distractions because there will be at the test center too!
- IV. Test-taking Skills
- A. 3-pass method (as taught by Kaplan, The Princeton Review, etc.): Keep moving, don't get stuck on early questions!
1. Read each of the questions and answer every question in one of three ways:
    - a) If you are *positive* you know the answer, select the answer and **do not** mark it for review.
    - b) If you *think* you know the answer or an answer suddenly comes to you, select the answer and **do** mark it for review.
    - c) If you have *no idea*, do not answer it but **do** mark for review.
  2. Return to each question you marked for review:
    - a) Eliminate any applicable choices.
    - b) *Do not* change an answer unless you are absolutely positive the new answer is correct.

- c) Do not mark for review again unless you are clueless.
- 3. Return to each question still marked for review:
  - a) Use guessing techniques
- B. Eliminating choices
  - 1. Similar options – Answers state the same thing in various ways.
  - 2. Stem options – Information in the stem points to the correct answer.
  - 3. Absurd options – The name describes this one.
  - 4. Specific determiners – Be careful of “always” and “never.”
  - 5. General knowledge options – Test-taker needs some prior knowledge.
- C. Guessing Strategies
  - 1. Remember: The perfect answer may not be an option – choose the *best* answer.
  - 2. Read all possible answers even if you think you know the correct answer already.
  - 3. Eliminate all choices you *know* are incorrect. Concentrate only on the other choices.
  - 4. When you have no idea, use these clues:
    - a) The longest answer is often the correct choice.
    - b) The most detailed and complete answer is often correct.
    - c) One of the “middle” answers is often correct, especially if it is the longest.
    - d) Answers with the qualifiers “generally,” “probably,” “most,” “often,” “some,” or “usually” are often correct.
    - e) Be careful of “always” and “never.”
- V. Test Day
  - A. Night/Day before – no studying!
  - B. 1-3 question warm-up on the day of test (only if you want to)
  - C. Test interface (the computer screen)
  - D. Remember, though it may not be ideal, the worst that can happen is you retake the test in 90 days – the world does not end!
- VI. Questions?