

FREE STUDY RESOURCES

- Join the facebook group-LMSW/LCSW Exam Study Group (has a lot of free resources including study guides)
- Quizlet for studying click [here](#)
- Quizlet for practice questions click [here](#)
- Behavioral Health App
- Free Study Groups (Sundays) & Individual Tutoring
 - IG-just_my_confidence463
- Podcast- [Agents of Change](#)
- **Youtube channels**
 - [Agents of Change](#)
 - [Dr. Pam Turner](#)
 - [Advance Social Work Solutions](#)
 - [Phil Luttrell \(Question Breakdown\)](#)
 - [SAVVY Social Work](#)
 - [RayTube](#)



STEP 2-SELECT STUDY MATERIALS

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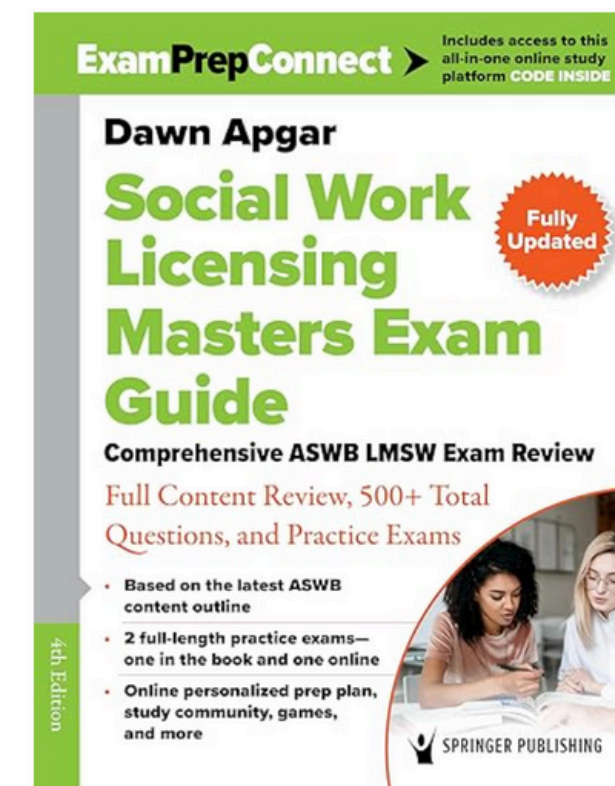
- Comprehensive study guide (4th Edition), great for visual learners, access to app is included with purchase for 6 months. Most affordable option

LEAP

- Comprehensive study guide or a variety of other study materials like an audio course, online practice exam and more

Therapist Development Center

- A structured program for auditory learners. Has audio on various topics, study guide handouts, and lots of practice questions. Fan Favorite



WHERE TO START

3. Transfer the study material in your learning style
4. Review study questions
 - Not all study questions are created equal
 - Take practice test of study material
5. Take ASWB full practice test 2-3 weeks before your test date
 - Click [here for the link](#)
 - Take it within the full 4 hours
 - Limit distractions
 - Pay attention to the timing

MY STUDY PLAN

When selecting the study day(s), be **intentional** about ensuring those days are when you have little activity. When selecting what time of the day, ensure that it is the best time that you are most productive. If you have other priorities, extra support may be needed from family and friends to cover responsibilities to make opportunities for studying.

WITHIN 3-4 MONTHS OF TEST DATE

- 1-2 TIMES A WEEK FOR AT LEAST 2 HOURS

WITHIN 2 MONTHS

- 3 TIMES A WEEK FOR AT LEAST 3 HOURS

WITHIN 1 MONTH

- AT LEAST 5 TIMES A WEEK FOR AT LEAST 3 HOURS

SAMPLE STUDY PLAN

WEEK ONE.

- Print out the code of ethics, highlight, and write notes on important sections.
- Start reviewing human development theories

WEEK TWO.

- take practice questions focusing on ethics only
- defense mechanisms
- personality disorders
- medications

WEEK THREE.

- MEMORIZE CRITERIA AND KEY TERMS: anxiety, depressive, bipolar and related disorders

WEEK FOUR.

- MEMORIZE CRITERIA AND KEY TERMS: schizophrenia spectrum and other related psychotic disorders, trauma and stressor related disorders, obsessive-compulsive disorders, and disruptive, impulse-control, and conduct disorders

WEEK FIVE.

- LIGHT REVIEW: all other disorder categories
- take practice questions on disorders and medications

SAMPLE STUDY PLAN

WEEK SIX.

- assessment and intervention planning
- intervention with clients

WEEK SEVEN.

- community practice and group practice
- supervision, administration, organization, and research
- take practice questions on topics from week six and week seven
- take ASWB practice (purchase for \$85) in a controlled environment, within the four-hour timeframe and review wrong answers
- assess readiness to see if additional study time is needed

WEEK EIGHT.

- continue to review wrong answers from full practice test
- continue to review all created material (i.e. notecards, notes, audio recording)

WEEK NINE.

- continue to review wrong answers from full practice test
- continue to review all created material