SOCIAL WORK EXAMINATION SERVICES (SWES) HUMAN BEHAVIOR PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. What behavior is typical of a teenager like Darlene, who has few strategies for self-expression?

A. Artistic expression

B. Acting out

C. Verbal communication

D. Isolation

2. Successful resolution of the oedipal conflict involves which of the following?

A. Repression of the unacceptable wish and identification with opposite-sex parent

B. Repression of the unacceptable wish and identification with same-sex parent

C. Unconscious desire for rivalry with the same-sex parent

D. Acceptance of the role of both parents in development

3. At what age does an infant typically begin to manifest a fear of strangers?

A. Three months

B. Six months

C. Nine months

D. One year

4. The description of Ralph as a malnourished and neglected child with aggressive behavior is an example of?

A. A therapeutic assessment

B. A diagnostic statement

C. An observed behavior report

D. A psychological evaluation

5. Which treatment modality is least commonly used for clients diagnosed with schizophrenia, according to Beck?

A. Group therapy

B. Individual therapy

C. Family therapy

D. Medication management

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6. After finding no organic cause for a patient's symptoms, what should the social worker do next?

A. Encourage a second opinion

B. Join the staff in informing the patient

C. Suggest alternative therapies

D. Refer to a psychiatrist

7. According to Kernberg, patients with borderline personality disorder often exhibit which of the following characteristics?

A. Overly optimistic outlook

B. Dissociation and splitting

C. Consistent emotional stability

D. Intense dependency on therapists

8. In assisting families of patients with schizophrenia, social workers focus on which aspect?

A. Changing family dynamics entirely.

B. Enhancing communication and coping skills.

C. Resolving personal issues of each family member.

D. Directing all care responsibilities to family members.

9. Which behavior is characteristic of a typical three-year-old?

A. A tendency to seek external approval

B. A tendency to resist external influences

C. A marked preference for solitary play

D. An increased awareness of social norms

10. During which developmental stage are children particularly focused on absolutes?

A. Infancy

B. Early latency

C. Adolescence

D. Late childhood

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Answers

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1. B
2. B
3. B
4. B
5. B
6. B
7. B
8. B
9. B
10. B

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Explanations

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1. What behavior is typical of a teenager like Darlene, who has few strategies for self-expression?

A. Artistic expression

B. Acting out

C. Verbal communication

D. Isolation

When considering the behavior typical of a teenager like Darlene, who has few strategies for self-expression, acting out is often a prevalent response. Teenagers may struggle to articulate their emotions or engage in constructive forms of communication due to a lack of skills or opportunities to do so. As a result, they may express their feelings through disruptive or inappropriate behaviors, which can serve as a cry for help or a way to cope with internal struggles. Acting out can manifest as defiance, aggression, or risky behaviors, making it a common response among adolescents who feel unable to express themselves in more conventional ways. Artistic expression and verbal communication are generally seen as positive coping strategies, indicating a level of self-awareness and comfort in expressing feelings. Isolation can also occur but is often a sign of withdrawal rather than an active expression of feelings, and it may indicate a different set of emotional challenges. In contrast, acting out directly reflects an attempt to communicate underlying issues when other methods are unavailable or ineffective.

2. Successful resolution of the oedipal conflict involves which of the following?

A. Repression of the unacceptable wish and identification with opposite-sex parent

B. Repression of the unacceptable wish and identification with same-sex parent

C. Unconscious desire for rivalry with the same-sex parent

D. Acceptance of the role of both parents in development

The successful resolution of the oedipal conflict primarily involves the repression of the unacceptable wishes associated with attraction towards the opposite-sex parent while identifying with the same-sex parent. In the context of psychosexual development, the oedipal conflict typically occurs in the phallic stage, where a child's feelings of desire for the opposite-sex parent and jealousy toward the same-sex parent manifest. To navigate these conflicting feelings successfully, the child needs to repress those desires that are deemed socially unacceptable and instead adopt the characteristics, values, and behaviors of the same-sex parent. This process is crucial as it facilitates gender identity formation and helps the child establish their role within the family and society. By internalizing the traits of the same-sex parent, the child not only resolves the conflict but also moves toward a more stable and functional personality structure. The other options presented do not encapsulate this critical process of identification with the same-sex parent and repression of desires toward the opposite-sex parent that is fundamental to the resolution of the oedipal conflict.

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3. At what age does an infant typically begin to manifest a fear of strangers?

A. Three months

B. Six months

C. Nine months

D. One year

Infants typically begin to manifest a fear of strangers around six months of age. This developmental milestone is part of a broader emotional and social development process known as "stranger anxiety." At this age, infants start to recognize familiar faces and may express apprehension or fear towards those who are unfamiliar. This behavior is believed to be an evolutionary response that helps infants bond with their caregivers, ensuring safety and protection. The onset of stranger anxiety reflects the baby's growing cognitive abilities, as they begin to distinguish between familiar and unfamiliar individuals and develop a sense of trust in their primary caregivers. This fear is usually most pronounced between six months to around two years, after which it often diminishes as the child becomes more socially adept and able to engage with a wider array of individuals. Understanding the timeline of this emotional and social development is crucial for parents and caregivers, as it helps them create a supportive environment for the child during this period of adjustment to social interactions.

4. The description of Ralph as a malnourished and neglected child with aggressive behavior is an example of?

A. A therapeutic assessment

B. A diagnostic statement

C. An observed behavior report

D. A psychological evaluation

The description of Ralph as a malnourished and neglected child with aggressive behavior serves as a diagnostic statement because it encapsulates specific characteristics and behaviors that contribute to an overarching understanding of the child's condition. In the context of social work and psychology, a diagnostic statement is used to identify and clarify the nature of an individual's problems based on observed symptoms and conditions. By outlining Ralph's malnourishment, neglect, and aggression, the statement indicates potential issues that could be associated with various psychological disorders or psychosocial challenges. This diagnostic approach focuses on compiling observable information about Ralph's situation to inform treatment plans or interventions. While the description may involve aspects of observed behavior reporting or elements of an assessment or evaluation, the primary purpose of a diagnostic statement is to frame the presenting issues in a manner that guides further assessment and intervention strategies. This is crucial for understanding the context of the child's challenges and for developing an effective response tailored to his needs.

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5. Which treatment modality is least commonly used for clients diagnosed with schizophrenia, according to Beck?

A. Group therapy

B. Individual therapy

C. Family therapy

D. Medication management

In the context of treatment modalities for clients diagnosed with schizophrenia, individual therapy is often considered the least commonly utilized approach as per Beck's framework. Schizophrenia presents challenges that frequently necessitate a multi-faceted treatment approach. While individual therapy can certainly be beneficial, it tends to be less effective as a standalone treatment for schizophrenia when compared to other modalities. This is largely because individuals with schizophrenia may struggle with issues such as disorganized thinking, which can impair their ability to engage effectively in traditional individual therapy. In contrast, other modalities such as medication management play a crucial and more prevalent role in the treatment of schizophrenia, as they address core symptoms directly through pharmacological means. Similarly, group therapy and family therapy have gained significance, as they not only enhance social skills and support networks for individuals but also help educate families about the disorder, ensuring a more holistic approach to treatment. Therefore, while individual therapy has its place, it is utilized less frequently in practice for schizophrenia, making it the least common treatment modality among the options provided.

6. After finding no organic cause for a patient's symptoms, what should the social worker do next?

A. Encourage a second opinion

B. Join the staff in informing the patient

C. Suggest alternative therapies

D. Refer to a psychiatrist

When a social worker discovers that there is no organic cause for a patient's symptoms, it is crucial to ensure that the patient receives clear communication about their situation. Joining the staff in informing the patient allows for a collaborative approach, where the social worker can support the medical team in delivering a unified message. This creates an environment of trust and transparency, which is essential for maintaining the therapeutic relationship. Clear communication can also help alleviate the patient's potential anxiety and confusion regarding their undiagnosed symptoms. By working alongside the medical team to discuss the next steps, the social worker can assist the patient in understanding the psychological or psychosocial factors that might be contributing to their experience, fostering empowerment and a sense of agency in the patient's care journey. The other approaches, while potentially valuable in different contexts, do not align as directly with the immediate need for transparent communication about the patient's lack of an organic diagnosis. For instance, suggesting alternative therapies or referring to a psychiatrist may be appropriate later in the process but may not address the vital need for clarity. Encouraging a second opinion could introduce unnecessary complexity and uncertainty at a time when clear guidance is needed.

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7. According to Kernberg, patients with borderline personality disorder often exhibit which of the following characteristics?

A. Overly optimistic outlook

B. Dissociation and splitting

C. Consistent emotional stability

D. Intense dependency on therapists

Kernberg's theory on borderline personality disorder includes the concept of splitting, which is a defense mechanism where individuals may view themselves and others in extremes, categorizing people as all good or all bad. This dichotomous thinking leads to unstable relationships and emotional responses. Dissociation is also a common trait, where patients may experience feelings of detachment or unreality during stressful times. In this context, the characteristics of dissociation and splitting provide insight into the emotional turbulence and struggles that those with borderline personality disorder often face. These behaviors are essential for understanding the complexities of their interpersonal relationships and emotional regulation. The other choices do not align with Kernberg's assessment of borderline personality disorder. An overly optimistic outlook or consistent emotional stability would not typically be present in individuals grappling with this condition, as it often involves significant emotional volatility. Intense dependency on therapists can occur but is more closely linked to various therapeutic dynamics rather than being a defining characteristic of the disorder itself.

8. In assisting families of patients with schizophrenia, social workers focus on which aspect?

A. Changing family dynamics entirely.

B. Enhancing communication and coping skills.

C. Resolving personal issues of each family member.

D. Directing all care responsibilities to family members.

Enhancing communication and coping skills is a fundamental aspect when social workers assist families of patients with schizophrenia. Families often experience significant stress and challenges when a member is affected by schizophrenia, including feelings of confusion, fear, and helplessness regarding the illness. By focusing on improving communication within the family, social workers help create an environment where family members can express their feelings, share information, and collaboratively support the patient. Additionally, fostering coping skills equips family members with tools to manage the emotional and practical challenges they encounter. This could involve teaching them about the illness, how to respond to crises, and strategies for self-care. Strengthening these skills ultimately leads to better emotional stability within the family unit and improves the overall quality of life for both the patient and their family members. Addressing the other options, changing family dynamics entirely may not be feasible or beneficial, as it could disrupt the family structure. Resolving personal issues of each family member is too individualized and may divert attention from the collective issues faced by the family unit. Directing all care responsibilities to family members might increase their burden and stress rather than provide the necessary support network that can help everyone cope effectively.

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9. Which behavior is characteristic of a typical three-year-old?

A. A tendency to seek external approval

B. A tendency to resist external influences

C. A marked preference for solitary play

D. An increased awareness of social norms

Choosing a tendency to resist external influences as characteristic of a typical three-year-old aligns well with developmental psychology concepts. At this age, children are in the early stages of asserting their independence. They often demonstrate a sense of autonomy, which is a crucial part of their developmental process. Toddlers frequently engage in behaviors that show their willingness to explore boundaries and test limits, which can manifest as defiance or resistance to adult directions and social expectations. This behavior is part of their natural developmental exploration, where they begin to understand their own preferences separate from those of their caregivers. As they navigate through the world, three-year-olds may often say "no" or refuse to comply with what is typically expected, showcasing their growing self-awareness and desire for control over their own actions. In contrast, the other options represent behaviors that may emerge later in development or that are not typical for a three-year-old. For instance, seeking external approval is more pronounced in slightly older children, while social norms and the accompanying understanding are developed significantly as they progress into preschool and early school years. Lastly, a marked preference for solitary play might not accurately reflect the social exploration common in this age group, as children often engage in parallel play or begin to play with peers during this stage.

10. During which developmental stage are children particularly focused on absolutes?

A. Infancy

B. Early latency

C. Adolescence

D. Late childhood

The focus on absolutes in children is most prominent during the early latency stage, which corresponds to roughly ages 6 to 12. During this period, children typically develop concrete thinking, characterized by a strong understanding of the world in black-and-white terms. Their cognitive abilities are expanding, yet they often struggle with nuances, subtleties, and abstract concepts. This concrete way of thinking can manifest in their moral reasoning, creating a strong sense of right and wrong without much room for ambiguity. In contrast, other stages such as infancy concentrate on basic sensory and motor experiences rather than cognitive development. Adolescence introduces greater abstract thinking capabilities, where young people begin to contemplate complex concepts and moral dilemmas. Late childhood still involves some concrete operational thought but starts to prepare them for more abstract reasoning, making the focus on absolutes less pronounced than in early latency. Thus, early latency is the period where children are most diligently concerned with definitive rules and clear-cut distinctions.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://swes-humanbehaviour.examzify.com

We wish you the very best on your exam journey. You've got this!

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