

# HBSE Social Work Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. Which group accounts for nearly half of the new cases of STIs each year?**
  - A. Adults aged 25-34**
  - B. Adolescents aged 15-24**
  - C. Children under 15**
  - D. Young adults aged 18-24**
- 2. In Piaget's classification of cognitive stages, at what age do children begin to demonstrate seriation?**
  - A. At birth**
  - B. From 2 to 7 years**
  - C. At ages 7 to 11**
  - D. During adolescence**
- 3. What is meant by the term "conservation" in the Preoperational Stage?**
  - A. Understanding that weight does not change regardless of size**
  - B. Understanding that substances change state**
  - C. Recognizing that objects can remain the same even as their appearance changes**
  - D. Understanding different perspectives**
- 4. What does "self-care" mean for social workers?**
  - A. A method to increase client intensity**
  - B. The practice of taking actions to maintain well-being**
  - C. A technique for increasing work hours**
  - D. Ignoring personal health for professional loyalty**
- 5. At what age range does the concrete operations stage occur, according to Piaget?**
  - A. 0-2 years**
  - B. 3-6 years**
  - C. 7-11 years**
  - D. 12-15 years**

- 6. Which disorder is characterized by difficulties in processing auditory information?**
- A. Dyslexia**
  - B. Auditory Processing Disorder**
  - C. Dyscalculia**
  - D. Dysgraphia**
- 7. One of the characteristics of children in the concrete operations stage is:**
- A. The ability to think abstractly**
  - B. Understanding perspectives of others**
  - C. The display of egocentric behaviors**
  - D. Limited use of symbols**
- 8. Which of the following is not a main component of community assessments in social work?**
- A. Identifying community strengths**
  - B. Assessing individual client preferences**
  - C. Engaging stakeholders**
  - D. Utilizing data effectively**
- 9. Which stage is characterized by a focus on pleasure in the mouth according to Freud?**
- A. Phallic stage**
  - B. Anal stage**
  - C. Oral stage**
  - D. Genital stage**
- 10. What are the stages of the generalist social work practice model?**
- A. Assessment, planning, execution, conclusion**
  - B. Engagement, assessment, intervention, evaluation, termination**
  - C. Investigation, analysis, implementation, monitoring**
  - D. Research, intervention, collaboration, follow-up**

## **Answers**

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

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## **Explanations**

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**1. Which group accounts for nearly half of the new cases of STIs each year?**

- A. Adults aged 25-34**
- B. Adolescents aged 15-24**
- C. Children under 15**
- D. Young adults aged 18-24**

The group of adolescents aged 15-24 accounts for nearly half of the new cases of sexually transmitted infections (STIs) each year. This high prevalence in this age range can be attributed to various factors, including increased sexual activity, lack of awareness about safe sex practices, limited access to healthcare and sexual health education, and the biological vulnerability that younger individuals may have to STIs. Young people in this age group often engage in riskier sexual behaviors and may not use protection consistently or correctly. They may also face social stigma regarding discussing sexual health, which can further compound issues related to testing and treatment. Additionally, the developmental stage of adolescents can involve experimentation and peer influence, which may contribute to an increased incidence of STIs. Understanding this demographic's vulnerability is vital for public health initiatives aimed at reducing the incidence of STIs through targeted education, outreach programs, and improving access to preventive measures such as condoms and vaccines.

**2. In Piaget's classification of cognitive stages, at what age do children begin to demonstrate seriation?**

- A. At birth**
- B. From 2 to 7 years**
- C. At ages 7 to 11**
- D. During adolescence**

Children begin to demonstrate seriation during the concrete operational stage, which occurs approximately between the ages of 7 and 11. Seriation is the ability to arrange objects in an order based on a specific characteristic, such as size or color. This cognitive skill reflects a child's developing ability to think logically about concrete events and apply systematic reasoning to organize information. During the earlier preoperational stage, from ages 2 to 7, children typically engage in symbolic play and struggle with tasks requiring logical reasoning, which includes the ability to sort and arrange objects. As they transition into the concrete operational stage, they become more adept at performing concrete operations, such as seriation, which indicates a significant maturation of their cognitive abilities. In summary, the demonstration of seriation is a hallmark of the concrete operational stage, emphasizing the children's growing capacity for logical thinking and organization of information in a structured manner.

### 3. What is meant by the term "conservation" in the Preoperational Stage?

- A. Understanding that weight does not change regardless of size
- B. Understanding that substances change state
- C. Recognizing that objects can remain the same even as their appearance changes**
- D. Understanding different perspectives

The term "conservation" in the Preoperational Stage refers to the understanding that objects can conserve certain properties, such as volume, mass, or number, even when their appearance changes. This concept is significant because, during the Preoperational Stage, which typically occurs between the ages of 2 and 7 years, children are generally pre-logical and often focus on the visually apparent characteristics of objects. When children grasp the idea of conservation, they recognize that alterations in the shape or arrangement of objects do not necessarily mean that the quantity or fundamental properties of those objects have changed. For instance, if a child sees two equal amounts of clay and one is flattened, understanding conservation allows them to see that both amounts of clay remain equal despite their differing appearances. This development reflects a crucial cognitive milestone in children's thinking processes and indicates their growing ability to engage in more complex ways of reasoning. This understanding is contrasted with other stages of cognitive development (e.g., the Concrete Operational Stage), where more logical reasoning and handling of abstract concepts evolve. Hence, recognizing that objects can remain the same while their appearance changes is a key element of developing cognitive skills, laying a foundation for more advanced reasoning as children mature.

### 4. What does "self-care" mean for social workers?

- A. A method to increase client intensity
- B. The practice of taking actions to maintain well-being**
- C. A technique for increasing work hours
- D. Ignoring personal health for professional loyalty

Self-care for social workers refers to the practice of taking deliberate and conscious actions to maintain and enhance one's well-being. This can involve a variety of personal health strategies, such as engaging in physical activity, practicing mindfulness, seeking therapy or supervision, ensuring proper work-life balance, and taking breaks to recharge. Social work can be emotionally taxing and demanding, imposing a risk of burnout if professionals do not attend to their own mental and physical health. By prioritizing self-care, social workers can sustain their ability to effectively support their clients. This approach is essential not just for the individual social workers, but also for the quality of care they provide to those they serve. Taking time for self-care ultimately enhances job performance, improves emotional resilience, and promotes a healthier work environment.

**5. At what age range does the concrete operations stage occur, according to Piaget?**

- A. 0-2 years
- B. 3-6 years
- C. 7-11 years**
- D. 12-15 years

The concrete operations stage is a critical phase in Piaget's theory of cognitive development, occurring between the ages of approximately 7 and 11 years. During this stage, children develop the ability to think logically about concrete events. They gain a better understanding of the concept of conservation, which means they can recognize that quantity doesn't change even if its shape does. Children in this stage can also classify objects and understand the perspective of others, which are essential skills for more advanced cognitive functions. This stage marks a transition where children move from the more egocentric thought of earlier developmental periods to a more logical and organized way of processing information. They begin to apply logic to physical or real-life situations, but they still struggle with abstract and hypothetical concepts, which are better understood in the next developmental stage called formal operations, beginning around age 12. The other age ranges indicated in the question correspond to different stages in Piaget's theory. For instance, 0-2 years refers to the sensorimotor stage where infants learn through interaction with the world; 3-6 years corresponds to the preoperational stage characterized by illogical thinking and egocentrism; and 12-15 years marks the onset of formal operations where abstract thinking becomes more

**6. Which disorder is characterized by difficulties in processing auditory information?**

- A. Dyslexia
- B. Auditory Processing Disorder**
- C. Dyscalculia
- D. Dysgraphia

Auditory Processing Disorder (APD) is specifically characterized by difficulties in how the brain processes auditory information. Individuals with APD may have normal hearing ability but struggle to understand sounds, especially in noisy environments, which affects their ability to comprehend spoken language and follow directions. This disorder impacts the way sound is interpreted and understood at a cognitive level, leading to various challenges in communication and learning. In contrast, the other disorders listed focus on different areas of learning. Dyslexia primarily involves challenges with reading and language processing, particularly in recognizing and decoding words. Dyscalculia is characterized by difficulties with math concepts, numbers, and performing calculations. Dysgraphia involves problems with writing, including poor handwriting and difficulties in composing written text. Each of these disorders addresses distinct cognitive functions, while Auditory Processing Disorder is specifically about the auditory processing system and its impact on language and communication skills.

**7. One of the characteristics of children in the concrete operations stage is:**

- A. The ability to think abstractly**
- B. Understanding perspectives of others**
- C. The display of egocentric behaviors**
- D. Limited use of symbols**

Children in the concrete operations stage, which typically occurs between the ages of 7 and 11, are characterized by their developing ability to think logically and understand the perspectives of others. This stage marks a transition from the earlier preoperational stage, where thinking is more egocentric. During concrete operations, children begin to grasp concepts such as conservation and can understand that others may have different viewpoints or experiences than their own. This understanding of others' perspectives is crucial for social interactions and lays the groundwork for more complex cognitive skills that develop in later stages. While their thinking is still rooted in concrete experiences, they can process more intricate ideas related to social relationships and empathy. The other choices reflect characteristics from different developmental stages or concepts that do not apply to the concrete operations stage. For example, abstract thinking is more prevalent in the following formal operations stage, egocentrism decreases as children move through these stages, and the use of symbols improves significantly as children develop.

**8. Which of the following is not a main component of community assessments in social work?**

- A. Identifying community strengths**
- B. Assessing individual client preferences**
- C. Engaging stakeholders**
- D. Utilizing data effectively**

In community assessments within social work, the focus is primarily on understanding the community as a whole rather than the preferences of individual clients. The main components of community assessments are designed to evaluate the collective attributes, challenges, and resources of a community. Identifying community strengths allows social workers to recognize existing assets that can support interventions. Engaging stakeholders is crucial for ensuring community buy-in and incorporating diverse perspectives to create a more accurate assessment. Utilizing data effectively involves gathering and analyzing information that reflects the community's needs and resources. While assessing individual client preferences can certainly be an important part of individualized social work practice, it does not fall under the main components of a community assessment, which prioritizes the broader context of the community rather than individual cases. Therefore, focusing on individual client preferences diverges from the overarching aims of community assessments, which are aimed at systemic understanding and planning.

**9. Which stage is characterized by a focus on pleasure in the mouth according to Freud?**

- A. Phallic stage**
- B. Anal stage**
- C. Oral stage**
- D. Genital stage**

The oral stage is the first stage in Sigmund Freud's theory of psychosexual development, occurring from birth to approximately 18 months. During this stage, an infant's primary source of interaction and pleasure comes from the mouth. Activities such as sucking, biting, and chewing are vital for the infant's and caregiver's bonding process. This stage also plays a crucial role in the development of trust and comfort, as the infant relies on the caregiver for nourishment and oral stimulation. Freud suggested that the experiences and challenges faced during the oral stage could influence an individual's personality in adulthood. For example, fixation at this stage might manifest in behaviors such as smoking, nail-biting, or overeating, reflecting an unresolved need for oral gratification. Understanding the oral stage helps social workers and mental health professionals recognize patterns in clients' behaviors and how early experiences shape later personality traits and psychological issues.

**10. What are the stages of the generalist social work practice model?**

- A. Assessment, planning, execution, conclusion**
- B. Engagement, assessment, intervention, evaluation, termination**
- C. Investigation, analysis, implementation, monitoring**
- D. Research, intervention, collaboration, follow-up**

The stages of the generalist social work practice model are crucial in guiding social workers through a systematic approach to helping clients. The correct choice highlights five interconnected stages: engagement, assessment, intervention, evaluation, and termination. In the engagement stage, the social worker establishes rapport with the client, which is essential for building trust and understanding the client's needs and concerns. Following engagement, the assessment stage involves gathering comprehensive information about the client's situation, strengths, and challenges to inform the next steps. The intervention stage is where the social worker applies strategies and techniques tailored to the client's needs, aiming to bring about change or improvement in their situation. After intervention, evaluation is essential to determine the effectiveness of the strategies employed, allowing for adjustments as necessary. Finally, termination signifies the conclusion of the professional relationship, where the social worker helps the client transition away from services while ensuring they have the skills and resources to manage independently. Each of these stages is interconnected, allowing for a dynamic and responsive approach to social work practice that addresses the complexities of clients' lives. The other options do not align with the widely recognized framework of generalist social work practice.