

# Individual Practice SWES Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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.

# 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!**

## **Questions**

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- 1. What aspect is a family therapist least likely to focus on during the initial session?**
  - A. Understanding family dynamics**
  - B. Exploring family history**
  - C. Gathering dates and figures**
  - D. Identifying communication patterns**
  
- 2. How should a social worker respond if a client exhibits aggressive behavior during a session?**
  - A. Encourage the client to express anger**
  - B. Remain calm and set clear boundaries**
  - C. Terminate the session immediately**
  - D. Ask the client what's causing the anger**
  
- 3. What is the most appropriate action for the social worker in the case of the married woman with physical ailments related to marital difficulties?**
  - A. Work with the physician to refer her to a battered woman's program**
  - B. Encourage her to seek individual therapy for her physical complaints**
  - C. Advise her to separate from her husband immediately**
  - D. Assist her in finding a job to gain independence**
  
- 4. What is the primary concern for a social worker in the first interview with a depressed patient?**
  - A. Understanding the root of the depression**
  - B. Determining suicidal intent**
  - C. Exploring family relations**
  - D. Setting treatment goals**
  
- 5. What is one goal in treating a person diagnosed with a personality disorder?**
  - A. Enhance the ego-syntonic traits**
  - B. Make the ego-syntonic trait ego-alien**
  - C. Maintain status quo of traits**
  - D. Encourage ego-syntonic behaviors**

**6. During termination of a client, which of the following is the least likely reason for a social worker to renegotiate the contract?**

- A. The client is planning to move out of state**
- B. Several presenting problems have arisen again**
- C. The client expresses uncertainty about the goals**
- D. The client is satisfied with the outcomes**

**7. In preparing a discharge plan for a child with limited activities, what might a hospital social worker do?**

- A. Assign a child life specialist for daily activities**
- B. Organize a family meeting before discharge**
- C. Arrange for a visiting nurse to administer injections**
- D. Schedule regular therapy sessions at home**

**8. When explaining enuresis, what treatment approach is most likely utilized by the social worker?**

- A. Cognitive-behavioral methods**
- B. Medication therapy**
- C. Behavioral methods**
- D. Supportive counseling**

**9. In a case where a mother is distressed about managing her diabetic child, what should the social worker do?**

- A. Help her focus on personal issues**
- B. Shift the focus to learning about diabetes management**
- C. Encourage her to take time for herself away from the child**
- D. Suggest group therapy for anxiety**

**10. If a social worker learns of child abuse during a casual conversation, what action should they take?**

- A. Confront the neighbor about the abuse**
- B. Discuss it with other partygoers for advice**
- C. Report the incident to the authorities for further investigation**
- D. Ignore the information as it's not work-related**

## **Answers**

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

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## **Explanations**

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**1. What aspect is a family therapist least likely to focus on during the initial session?**

- A. Understanding family dynamics**
- B. Exploring family history**
- C. Gathering dates and figures**
- D. Identifying communication patterns**

In the context of family therapy, the focus during the initial session typically involves establishing a foundation of understanding within the family system and the relationships, interactions, and dynamics at play. This often includes exploring family history, understanding family dynamics, and identifying communication patterns that may impact interactions. Gathering dates and figures, while useful in certain therapeutic contexts, is not usually a primary focus during the initial session. The therapist aims to create a safe space to understand the interpersonal relationships and emotional contexts first, rather than getting bogged down in specific details or statistics that may not immediately inform the therapeutic process. This prioritization allows the therapist to better understand the current issues and the overall family system without becoming overwhelmed by specifics that can be gathered later in the assessment.

**2. How should a social worker respond if a client exhibits aggressive behavior during a session?**

- A. Encourage the client to express anger**
- B. Remain calm and set clear boundaries**
- C. Terminate the session immediately**
- D. Ask the client what's causing the anger**

Remaining calm and setting clear boundaries is essential when a client exhibits aggressive behavior during a session. This approach promotes a safe environment for both the client and the social worker. By maintaining composure, the social worker can defuse tension and model appropriate emotional regulation, which may help the client calm down. Setting clear boundaries is critical in this situation, as it communicates to the client that aggressive behavior is unacceptable, while also providing structure to the interaction. Clearly outlining what is and isn't acceptable can help the client understand the limits of the therapeutic relationship and encourage more constructive forms of expression. Encouraging the client to express anger might seem supportive, but without appropriate boundaries, it could lead to increased aggression or escalation of the behavior. Terminating the session immediately could also leave the client feeling abandoned and might exacerbate their emotional state. Asking the client what's causing the anger might open a dialogue, but if the situation involves immediate aggression, it is crucial first to establish safety and boundaries before delving into the underlying issues.

**3. What is the most appropriate action for the social worker in the case of the married woman with physical ailments related to marital difficulties?**

- A. Work with the physician to refer her to a battered woman's program**
- B. Encourage her to seek individual therapy for her physical complaints**
- C. Advise her to separate from her husband immediately**
- D. Assist her in finding a job to gain independence**

The most appropriate action involves working with the physician to refer the woman to a battered woman's program, as this response directly addresses the possibility of domestic abuse, which can manifest through physical ailments. When physical complaints are linked to marital difficulties, there is often a deeper underlying issue such as emotional or physical abuse. Collaborating with healthcare professionals not only ensures that she receives comprehensive care for her physical ailments but also provides her with access to support specifically tailored for individuals experiencing domestic violence. This integrated approach is vital, as it fosters a safe environment for the woman, while simultaneously addressing both her physical health and emotional well-being. Programs for battered women typically offer resources such as counseling, legal aid, and support groups, all of which can empower her to navigate her situation more effectively. Engaging with such services provides an appropriate and structured means to help her assess her relationship dynamics safely and affirm her autonomy in seeking change.

**4. What is the primary concern for a social worker in the first interview with a depressed patient?**

- A. Understanding the root of the depression**
- B. Determining suicidal intent**
- C. Exploring family relations**
- D. Setting treatment goals**

The primary concern for a social worker during the first interview with a depressed patient is to determine suicidal intent. This focus is crucial because patients experiencing depression may have thoughts of self-harm or suicide, making it essential for the social worker to assess the patient's safety and risk levels. Establishing whether the patient has any suicidal thoughts or plans is vital for ensuring their immediate well-being and safety. Understanding the root of the depression, exploring family relations, and setting treatment goals, while important aspects of the therapeutic process, typically come after assessing the patient's current mental state and risk factors. The priority during the initial session revolves around ensuring that the patient is not in imminent danger, which is why determining suicidal intent takes precedence.

**5. What is one goal in treating a person diagnosed with a personality disorder?**

- A. Enhance the ego-syntonic traits**
- B. Make the ego-syntonic trait ego-alien**
- C. Maintain status quo of traits**
- D. Encourage ego-syntonic behaviors**

One goal in treating a person diagnosed with a personality disorder is to address and alter the ego-syntonic traits of the individual. Ego-syntonic traits are characteristics that the individual perceives as in harmony with their self-image and values, which can lead to a lack of insight into their dysfunctional behavior. By making these traits ego-alien, the treatment aims to help the person recognize that their behaviors are maladaptive and detrimental. This shift in perception can foster the motivation to change, ultimately leading to healthier coping mechanisms and interpersonal relationships. Therapeutic interventions often focus on increasing self-awareness and challenging existing patterns of thought and behavior that contribute to the personality disorder. When individuals start to see aspects of their personality as incompatible with their goals or values, they become more open to change, making it easier for them to engage with treatment protocols and adopt new perspectives. This process is crucial for effective treatment outcomes in individuals with personality disorders.

**6. During termination of a client, which of the following is the least likely reason for a social worker to renegotiate the contract?**

- A. The client is planning to move out of state**
- B. Several presenting problems have arisen again**
- C. The client expresses uncertainty about the goals**
- D. The client is satisfied with the outcomes**

Renegotiation of a contract typically occurs when there's a need to reassess the goals or methods due to changes in circumstances or client needs. When the client expresses satisfaction with the outcomes achieved, it indicates that the therapeutic objectives have been met effectively. In this scenario, there is no pressing need to renegotiate since the client feels that their issues have been addressed satisfactorily. In contrast, when a client plans to move out of state, has recurring problems, or shows uncertainty about their goals, these factors suggest the necessity for adjustments in the therapeutic approach or goals. Such situations imply that the existing contract may no longer align with the client's current circumstances or needs, making renegotiation a logical step. Thus, the satisfaction of the client with their outcomes stands out as the least likely reason to seek a renegotiation of the contract.

**7. In preparing a discharge plan for a child with limited activities, what might a hospital social worker do?**

- A. Assign a child life specialist for daily activities**
- B. Organize a family meeting before discharge**
- C. Arrange for a visiting nurse to administer injections**
- D. Schedule regular therapy sessions at home**

In preparing a discharge plan for a child with limited activities, arranging for a visiting nurse to administer injections is a critical responsibility of the hospital social worker. This choice reflects the need for continuity of care once the child leaves the hospital, particularly if their condition requires ongoing medical management that cannot be performed by family members. By coordinating with a visiting nurse, the social worker ensures that the child receives necessary medical treatments in the comfort of their home. This is especially vital for children who may be undergoing long-term treatments that involve injections or other medical procedures, as it helps to maintain their health and wellbeing while also providing support to the family as they adjust to care at home. In contrast, assigning a child life specialist focuses more on psychosocial support and facilitating daily activities, which, while beneficial, does not address immediate medical needs. Organizing a family meeting is important for communication and planning, but it does not directly involve the execution of medical care. Scheduling regular therapy sessions at home is valuable for rehabilitation and support, but again, it does not focus on the immediate medical requirements such as the administration of injections. Therefore, opting for the visiting nurse aligns with the urgent need for professional healthcare support after discharge.

**8. When explaining enuresis, what treatment approach is most likely utilized by the social worker?**

- A. Cognitive-behavioral methods**
- B. Medication therapy**
- C. Behavioral methods**
- D. Supportive counseling**

The treatment approach that is most likely utilized by a social worker when addressing enuresis, or bedwetting, is primarily behavioral methods. Behavioral interventions are effective because they focus on modifying the child's habits and responses related to their toileting routine. This can include strategies such as establishing a consistent bedtime routine, implementing a reward system for dry nights, and using techniques like bladder training. Behavioral methods often involve both the child and the parents to create a supportive environment that encourages successful toilet use. Education and training for parents on how to effectively manage and respond to enuresis can also be a significant component of behavioral interventions. Overall, such approaches empower families to actively participate in the treatment process and help build the child's confidence. While cognitive-behavioral methods and supportive counseling may have a role in addressing underlying psychological issues or family dynamics, behavioral methods specifically target the behaviors associated with enuresis and involve actionable steps to improve the child's condition. Medication therapy is typically considered a secondary option when other interventions do not yield the desired results, making behavioral methods the more common first-line strategy in these scenarios.

**9. In a case where a mother is distressed about managing her diabetic child, what should the social worker do?**

- A. Help her focus on personal issues**
- B. Shift the focus to learning about diabetes management**
- C. Encourage her to take time for herself away from the child**
- D. Suggest group therapy for anxiety**

In a scenario where a mother is struggling with the stress of managing her diabetic child, it is crucial to address her immediate concerns effectively. Focusing on learning about diabetes management directly addresses her distress. By providing education and resources about diabetes, the social worker empowers the mother with knowledge and skills to better handle her child's condition. This proactive approach not only alleviates anxiety but also enhances the mother's confidence in managing her child's health. Additionally, understanding diabetes management can help the mother make informed decisions and reduce feelings of helplessness, which may contribute to her distress. This focus on practical, actionable knowledge creates a constructive pathway for the mother to navigate her child's diabetes, ultimately fostering a more positive environment for both her and her child. This choice aligns well with the supportive role of a social worker in helping clients develop effective coping strategies.

**10. If a social worker learns of child abuse during a casual conversation, what action should they take?**

- A. Confront the neighbor about the abuse**
- B. Discuss it with other partygoers for advice**
- C. Report the incident to the authorities for further investigation**
- D. Ignore the information as it's not work-related**

The appropriate action for a social worker who learns of child abuse during a casual conversation is to report the incident to the authorities for further investigation. This is due to the mandatory reporting laws that require certain professionals, including social workers, to report any suspicions or knowledge of child abuse to the appropriate authorities. By reporting, the social worker ensures that the situation is taken seriously and that the necessary steps can be taken to protect the child involved. Authorities are equipped to investigate allegations of abuse and can take appropriate actions to ensure the child's safety and well-being. Addressing the issue through conversations with others or confronting the neighbor would be inadequate and could potentially jeopardize the safety of the child. Ignoring the information is also not an option, as it fails to address a serious matter that could have significant consequences for the child.

# 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](mailto:hello@examzify.com).**

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

**<https://swes-individualpractice.examzify.com>**

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

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