SUCCESSFULLY PREPARING FOR THE NCE EXAM

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Note: Since state boards, NBCC and related resources update information on a regular basis, please be sure to verify that the information / links have the most up-to-date information based upon the current websites.
Overview: Pennsylvania Counselor Licensure Information Websites

PA WEBSITES SITE WITH DETAILED INFORMATION

- Professional Counselor Licensure Information
- Pennsylvania State Board Application for LPC
- PA LPC Board 2012 FAQ Page
Overview: New Jersey Counselor Licensure Requirements

NJ WEBSITES SITE WITH DETAILED INFORMATION

- New Jersey State Licensure Board
- New Jersey Professional Counselor Laws
  - Licensed Counseling Associate
  - License Professional Counselor
- Applications for New Jersey
States Licensure Professional Counseling Information

For questions about the LPC Requirements in your State, visit the following link:

Directory of State Licensure Information
<table>
<thead>
<tr>
<th>Acronym Description</th>
<th>Related Body</th>
<th>Uses</th>
<th>Name of Licensing for Counseling Per State</th>
<th>Handbook Link</th>
<th>Exam Registration Info.</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NCE</strong></td>
<td>National Counseling Exam</td>
<td>NBCC</td>
<td>Required Exam for PA &amp; NJ for Licensure as a Professional Counselor (Additional State Info)</td>
<td>PA = LPC</td>
<td>Pennsylvania [Handbook for NCE](see far right of page)</td>
<td>New Jersey [see far right of page]</td>
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<tr>
<td><strong>NCC</strong></td>
<td>National Counselor Certification</td>
<td>NBCC</td>
<td>Part of NCC application process is taking NCE</td>
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<tr>
<td><strong>NBCC</strong></td>
<td>National Board of Certified Counselors</td>
<td>NBCC</td>
<td>NBCC Exam Types per State</td>
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<tr>
<td><strong>CPCE</strong></td>
<td>Counselor Preparation Comprehensive Examination</td>
<td>NBCC</td>
<td>Used by counseling graduate schools often as exit requirement to obtain a degree</td>
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<tr>
<td><strong>NCMHCE</strong></td>
<td>National Clinical Mental Health Counseling Exam</td>
<td>NBCC</td>
<td>2 uses: - State counselor licensure in a smaller number of states - National certification as a clinical mental health counselor</td>
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<tr>
<td><strong>EMAC</strong></td>
<td>Examination for Master Addictions Counselors</td>
<td>NBCC</td>
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Registering for a Test Site
(if taking outside your University Seating for the Exam)

Download & read NBCC’s Handbook for directions on registration outside your University’s seating for the exam

NBCC’s Candidate Handbook for State Credentialing
Special Accommodations Requests
- Require completing a form and receiving documentation from a professional
  (See “NCE Candidate Handbook for State Credentialing” for information & form for Special Accommodations)

You may only reschedule up to one time without paying an additional fee
Format of NCE

Questions

- 200 total
  - 160 = Scored on your Performance
  - 40 = Question Analysis for future questions
- Multiple choice questions
- 4 hour format (average 2 hours & 45 minutes)
Format of NCE

- Important to answer **ALL** questions

- NCE does NOT use “correction for guessing”

  = **NO PENALTY FOR GUESSING**

- Respond to as many questions as possible
Recent Changes to NCE

- Slight name changes Work Behavior Areas (Context)
  - same 8 Core Content areas of the exam
  - same # of questions in 8 core content areas of exam
  - focus on the 8 content areas

- Addictions and Family Therapy question may be included

- **DSM V Information** (from NBCC Memo)
  - no major structural changes to NCE as a result of the DSM-5.
  - No changes to the framework or the competencies
  - The knowledge assessed is common to both manuals
  - Modifications to the exam content involved changes in diagnostic terminology only (Click here for overview)
Studying for the NCE
Assessing Your Knowledge Base

TAKE A PRACTICE EXAM

- Close to context as possible
  - No interruptions, phone, email, texting, etc.
  - Do not take notes at this time about what you do not know
  - Set a timer for 4 hours & stick to the time
  - Grading = overall AND by each core behavior areas

NCE Practice Exam
### NCE Study Prep Matrix Planner

Distinguishing your Strengths & Areas Needing Additional Study

#### WORK BEHAVIOR AREAS (CONTEXT)

<table>
<thead>
<tr>
<th>CORE AREAS (CONTENT)</th>
<th>Fundamental Counseling Issues 32 items</th>
<th>Counseling Process 45 items</th>
<th>Diagnostic &amp; Assessment Services 25 items</th>
<th>Professional Practice 38 items</th>
<th>Professional Development, Supervision and Consultation 20 items</th>
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<tbody>
<tr>
<td>Human Growth &amp; Development (12)</td>
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<td>Social &amp; Cultural Diversity (11)</td>
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<td>Helping Relationships (36)</td>
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<td>Group Work (16)</td>
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<td>Career Development (20)</td>
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<td>Assessment (20)</td>
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<td>Research &amp; Program Evaluation (16)</td>
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<tr>
<td>Professional Orientation &amp; Ethical Practice (29)</td>
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Examples: Click on Links to go to Sites

(Note: these are examples, others exist throughout the web and bookstores)

- Books & Related Study Materials
  - 1. Flashcards
  - 2. Practice Flashcards
  - 3. App = Flashcards
  - 4. App = Flashcard do it yourself study method
- App = 1. The Encyclopedia of Counseling Exam Prep App
  - 2. Quiz Questions
- Condensed Outlines = Counseling Exam Testing TidBits
How to Study

Memorization

- Use of Mnemonics
  - Ex: rhyme, easily remembered sentence or acronym to assist in remembering a group of ideas
  - Ex: Holland’s vocational interest areas
    - Realistic, Investigative, Artistic, Social, Enterprising, & Conventional
  - “Really, I Am So Excited and Cool!” (SAY OUT LOUD)

- relate the mnemonics of the sentence to the topic
  - i.e. If you got a new job, what might you say?
1. Read the question in its ENTIRETY

2. Avoid making up and/or adding additional information to the question in your mind

3. Try to formulate an answer BEFORE looking at the choices
   - cover the choices
   - find an answer that is closest to your answer

4. There is not a set pattern to answers choices on exams

5. Careful not to fall for the distractors answers

6. Use of + - ?
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