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# CRC Exam Preparation Planner

## CRCC’s CRC Exam Preparation Planner

When you pass the CRC Exam, you’re demonstrating your readiness to provide client-centered services to people with disabilities.

This planner is designed to help you prepare for the CRC Exam. The exam is based on 12 Knowledge Domains. These knowledge domains are developed using feedback from Certified Rehabilitation Counselors about what they do in practice. They are asked how important each knowledge domain is to optimizing successful outcomes for persons with disabilities.

### CRC Exam Preparation Tips

1. **Plan your study time.** We’ve divided the planner into twelve sections; each section represents a knowledge domain. Set goals for each study session (e.g., study concepts/review concepts).
2. **Test yourself.** CRCC has created two products to help you identify and review the concepts that will be covered on the CRC Exam:

[CRC Exam Prep Flashcards](https://secure.crccertification.com/eweb/DynamicPage.aspx?webcode=EventInfo&Reg_evt_key=e258cc1f-5f8f-4a28-82da-ff565f927dba&utm_source=Website&utm_medium=Social&utm_campaign=Flashcards) and the [CRCC Self-Assessment.](https://secure.crccertification.com/eweb/DynamicPage.aspx?webcode=EventInfo&Reg_evt_key=f3902974-53c2-4ca5-bcc9-0f19e469053e)

1. **Know the format of the exam.**
   1. The CRC Exam is multiple-choice.
   2. The exam has two sections: Rehabilitation-and-Disability and Counseling.
   3. There are 175 questions.
   4. The exam is administered in a 3 ½ hour session.
2. **Plan your exam day.** If you are testing at a testing center, know where it is located. Check the rules and regulations. Have your form of identification that matches your testing authorization ready. Arrive early.



### How to Use the CRC Exam Prep: Flashcards or CRC Exam Prep: Audio Flashcards

CRCC designed the flashcards to help you review the knowledge domains and subdomains that make up the CRC Examination. These knowledge domains are based on evidence-based research conducted with Certified Rehabilitation Counselors across the different practice settings.

Work at your own pace as you review the flashcards. You may start and stop as often as you need. When you log back in to your CRCC account and return to the flashcards, you’ll be able to continue your review at the point where you stopped.

**Knowledge Domains.** The flashcards are organized by knowledge domain. There are 12 knowledge domains associated with the CRC Examination; the exam questions are divided between Counseling concepts and Rehabilitation/Disability concepts. The first flashcard for a domain indicates whether the domain is included in the Counseling or Rehabilitation/Disability section of the CRC Examination.

Each concept associated with a knowledge domain is presented with an explanation or definition and sources for further review.

Review the knowledge domains in any order. Using the menu on the left side of the screen, select a knowledge domain to begin your review. Use the menu when you are ready to review another knowledge domain.

Use the Search option to locate all flashcards with a specific word or term. For example, if you were interested in reviewing federal laws associated with rehabilitation counseling, you might enter “act” in the search term box.

Personalize your review. Use the Notes feature to add your own notes. You can download your notes as a study tool.

### How to Use the CRCC Self-Assessment

Use the CRCC Self-assessment to test yourself. Each of the CRC knowledge domains has a practice assessment. You have unlimited time and attempts to complete the practice assessment for each knowledge domain.

When you begin a practice assessment, you have the option to flag questions to review. At the end of each practice assessment, your score will be displayed at the top of your screen as well as individual question results.

You can also use the CRCC Self-assessment to practice taking a timed test.

## **CRC Exam Preparation Planner Overview**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Week 1 |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |  |
| Week 5 |  |  |  |  |  |  |  |
| Week 6 |  |  |  |  |  |  |  |
| Week 7 |  |  |  |  |  |  |  |
| Week 8 |  |  |  |  |  |  |  |
| Week 9 |  |  |  |  |  |  |  |
| Week 10 |  |  |  |  |  |  |  |
| Week 11 |  |  |  |  |  |  |  |
| Week 12 |  |  |  |  |  |  |  |

## Week One

### Professional Orientation and Ethical Practice

|  |  |
| --- | --- |
| Monday | Uphold professional ethical standards for rehabilitation counselors and manage risk. [C]  Advocate for diversity, understand, and apply appropriate services that address multicultural counseling issues. [C] |
| Tuesday | Understand and identify the differing professional roles, functions, and effective relationships with other providers and professionals. [C]  Understand the credentialing issues related to the rehabilitation counseling profession and advocate for appropriate solutions. [C] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Understand and apply laws and public policy affecting individuals with disabilities. [R] Understand and apply appropriate rehabilitation terminology and concepts. [R] |
| Friday | Understand the differing organizational structures of rehabilitation counseling practice settings (e.g., public, private-for-profit, and not-for-profit service delivery systems). [R]  Understand, synthesize, and apply knowledge of historical and philosophical foundations of rehabilitation counseling. [R] |
| Weekend | Review content from the week  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week One: Additional Notes

### Professional Orientation and Ethical Practice

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

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#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

 Download a copy of the Knowledge Domains. Note the percentage of the total exam questions for each domain.

|  |  |
| --- | --- |
| Monday | Apply clinical problem-solving and critical-thinking skills. [C] Understand individual counseling theories. [C] Understand substance use and treatment. [C]  Establish and maintain effective working alliances with clients. [C] Understand dual diagnosis and co-occurring disorders. [C] |
| Tuesday | Demonstrate motivational interviewing use and skills. [C]  Facilitate treatment planning for clinical conditions (e.g., depression, anxiety, PTSD). [C] Understand human growth and development. [C] |
| Wednesday | Apply or facilitate evidence-based counseling/therapy for clients with clinical diagnoses (e.g., depression, anxiety, PTSD). [C] Apply or facilitate evidence-based counseling/therapy for clients with substance use disorders. [C]  Understand theories and techniques of clinical supervision. [C] Recognize and utilize evidence and research-based practices. [C] |
| Thursday | Understand rehabilitation techniques for individuals with disabilities. [R] Understand counseling/training to help clients develop workplace socialization skills. [R]  Review content from Monday - Wednesday |
| Friday | Apply evidence-based psychosocial/psychiatric rehabilitation interventions in rehabilitation counseling practice. [R] Apply evidence-based vocational interventions in rehabilitation counseling practice. [R]  Review content from the week |
| Weekend | Review content from the week  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week Two

### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

## Week Two: Additional Notes

### Counseling Theories, Techniques, and Evidence-Based Practices

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

Write out notes about the Knowledge Domain areas where you’re least confident!

Muscle memory works.

## Week Three

### Group and Family Counseling

|  |  |
| --- | --- |
| Monday | Understand family counseling theories. [C] Review content from Week One |
| Tuesday | Incorporate family counseling practices and interventions. [C] Review content from Week One |
| Wednesday | Understand group counseling theories. [C] Review content from Week Two |
| Thursday | Incorporate group counseling practices and interventions. [C] Review content from Week Two |
| Friday | Review content from the week |
| Weekend | Review the content from Weeks One - Three  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week Three: Additional Notes

### Group and Family Counseling

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### 

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

Consider studying with other people.

## Week Four

### Crisis and Trauma Counseling and Interventions

|  |  |
| --- | --- |
| Monday | Conduct assessment of client risk and development of a safety plan. [C]  Provide effective rehabilitation counseling services for individuals with polytrauma injuries. [C] |
| Tuesday | Understand the impact of crises, disasters, and other trauma-causing events on people with disabilities. [C]  Use principles of crisis intervention for people with disabilities during crises, disasters, and other trauma-causing events. [C] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Understand the emergency management system within rehabilitation agencies and in the community. [C] Review content from Monday |
| Friday | Review content from Tuesday and Thursday |
| Weekend | Review content from the week  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week Four: Additional Notes

### Crisis and Trauma Counseling and Interventions

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### 

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

 Prepare for the exam months in advance.

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

## Week One – Week Four Reflections

#### How I Feel About My Progress

#### Areas to Revisit

#### Habits to Maintain

#### Resources I Found Helpful

## Week Five

### Medical and Psychosocial Aspects of Chronic Illness and Disability

|  |  |
| --- | --- |
| Monday | Evaluate the psychosocial and cultural impact of disability. [R] Understand medical terminology. [R] |
| Tuesday | Apply knowledge of the medical aspects and implications of various disabilities. [R] Review the implications of medications as they apply to individuals with disabilities. [R] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Address environmental and attitudinal barriers for individuals with disabilities. [R] Review content from Monday |
| Friday | Review content from Tuesday and Thursday |
| Weekend | Review content from the week  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week Five: Additional Notes

### Medical and Psychosocial Aspects of Chronic Illness and Disability

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

The Knowledge Domains are based on what practitioners think is important to optimize successful outcomes when working with persons with

disabilities

## Week Six

### Assessment/Evaluation, Occupational Analysis, and Service Implementation

|  |  |
| --- | --- |
| Monday | Understand the vocational implications of functional limitations associated with disabilities. [R] Perform job analysis. [R] |
| Tuesday | Assess ergonomic, job accommodation, and assistive technology needs. [R] Advise on job modification and  restructuring techniques. [R]  Perform labor market analysis. [R] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Access and review resources for the assessment process. [C] Refer or conduct informal assessments. [C]  Refer or conduct formal assessments. [C] |
| Friday | Refer or perform Transferable Skills Analysis (e.g., VDARE). [C] Interpret assessment results for rehabilitation planning purposes. [C] Use computer-based job matching systems. [C] |
| Weekend | Review content from the week  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week Six: Additional Notes

### Assessment/Evaluation, Occupational Analysis, and Service Implementation

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

The CRC Exam Prep: Flashcards are based on the terms and concepts that make up the Knowledge Domains. You can add your own notes to the

flashcards as you study.

## Week Seven

### Career Development and Job Placement

|  |  |
| --- | --- |
| Monday | Understand, identify, and apply career development and job placement strategies. [R] Understand the unique needs of specialized populations in relation to job development and placement. [R] |
| Tuesday | Understand techniques to develop and retain relationships with employers to assist with job development and placement. [R] Understand and identify evidence-based employment models and services tailored to individuals with significant disabilities and/or barriers to competitive employment. [R] |
| Wednesday | Understand the unique needs of individuals with a dual diagnosis in the workplace and apply appropriate strategies. [R] Understand, identify, and facilitate the appropriate use of work conditioning or work hardening resources and strategies. [R] Review content from Monday and Tuesday |
| Thursday | Understand, identify, and apply job readiness, seeking, and retention skills. [C] Understand and apply theories of career development and work adjustment. [C] Understand the effective use of and risks of social media as a networking tool. [C] |
| Friday | Review content from Wednesday and Thursday |
| Weekend | Review content from Weeks Four - Seven  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week 7: Additional Notes

### Career Development and Job Placement

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

 You can use the timed version of the CRCC Self-assessment to practice taking a timed test

## Week Eight

### Business Engagement

|  |  |
| --- | --- |
| Monday | Assist employers with job accommodations for their employees with disabilities (e.g., assistive technology, workspace modifications). [R]  Provide consultation services and training to employers / businesses concerning disability concepts, best practices, and applicable laws (e.g., hiring, return to work, reasonable accommodations, and retention). [R] |
| Tuesday | Partner with employers/businesses to address needs and concerns related to hiring and retaining individuals with disabilities. [R]  Understand, communicate, and apply business-focused strategies, techniques, and terminology to improve employment outcomes for individuals with disabilities. [R] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Work with employers to develop pipelines for employing individuals with disabilities using work-based learning and training methods. [R]  Understand the dual customer role (e.g., employer and person with a disability). [R] |
| Friday | Review content from the week |
| Weekend | Review content from Weeks One - Eight  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week 8: Additional Notes

### Business Engagement

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

During the test, mark anything you question or are unsure of as you complete the questions in section. You can return to these questions

before you submit the section of the test.

## Week Five – Week Eight Reflections

#### How I Feel About My Progress

#### Areas to Revisit

#### Habits to Maintain

#### Resources I Found Helpful

## Week Nine

### Community Resources and Partnerships

|  |  |
| --- | --- |
| Monday | Understand the programs and services available for specific and underserved populations. [R] Understand Social Security programs, benefits, work incentives, and disincentives. [R] |
| Tuesday | Possess knowledge of funding sources and community resources for rehabilitation services. [R] Provide or facilitate skills development and independent living services. [R]  Provide or facilitate financial literacy training. [R] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Understand and refer to services available through client advocacy programs (e.g., Client Assistance Program [CAP], legal aid). [R]  Refer to and partner with one-stop career centers and other community stakeholders. [R] |
| Friday | Understand and facilitate life care planning and life care planning services. [R] Advocate with community partners for full community inclusion for people with disabilities. [R]  Provide or facilitate counseling on the impact of employment on community services and benefits. [R] |
| Weekend | Review content from the week  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week 9: Additional Notes

### Community Resources and Partnerships

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

Don’t second guess yourself and change your answers. Be confident and take your time reading the full question!

## Week Ten

### Case Management

|  |  |
| --- | --- |
| Monday | Understand and apply the case management process. [C] Complete case recording and documentation. [C] |
| Tuesday | Understand and apply negotiation, mediation, and conflict resolution strategies. [C] Understand and apply the principles of caseload management. [C] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Understand and address institutional and social barriers that impede access, equity, and success for clients. [C] Apply techniques for working with individuals with limited English proficiency or varied communication methods. [C] |
| Friday | Understand and apply principles, models, and documentation formats for biopsychosocial case conceptualization and treatment planning. [C] |
| Weekend | Review content from the week  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week 10: Additional Notes

### Case Management

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

Eat a good meal and get a good night’s sleep before the exam.

## Week Eleven

### Health Care and Disability Management

|  |  |
| --- | --- |
| Monday | Understand and provide appropriate medical intervention resources. [R]  Understand the diversity of healthcare benefits, delivery systems, and the impact of services on individuals with disabilities. [R] |
| Tuesday | Understand and collaborate with health promotion and wellness providers regarding strategies for people with chronic illness and disability. [R]  Understand different insurance programs  (e.g., Medicare, Medicaid, group and individual, short-and long-term disability, personal injury no-fault liability). [R] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Understand and apply disability prevention and management strategies. [R] Understand the variability of workers’ compensation laws and practices. [R] |
| Friday | Review content from the week |
| Weekend | Review content from Weeks Nine - Eleven  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week 11: Additional Notes

### Health Care and Disability Management

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

Know what to expect on your exam day. Watch the Pearson Vue testing tutorial

## Week Twelve

### Research, Methodology, and Performance Management

|  |  |
| --- | --- |
| Monday | Understand statistics and psychometric concepts related to measurement. [C] Understand research methods (e.g., surveys, case studies) and data analysis. [C] Assess research literature related to evidence – based practice. [C] |
| Tuesday | Comprehend concepts and principles of organizational development and stakeholder management. [C] Understand program evaluation procedures for assessing the effectiveness of rehabilitation services and outcomes. [R] |
| Wednesday | Review content from Monday and Tuesday |
| Thursday | Review content from Weeks One - Four |
| Friday | Review content from Weeks Five - Eight |
| Weekend | Review content from Weeks Nine - Twelve  Review using CRCC Exam Prep Flashcards and CRCC Self-Assessment |

## Week 12: Additional Notes

### Research, Methodology, and Performance Management

#### Exam Section Key: Rehabilitation and Disability (R) and Counseling (C)

Add your own notes here.

#### Areas of Confidence

Which concepts and terms are you most confident of as you review this Knowledge Domain?

Know what forms of ID are required at the testing center.

#### Concepts to Revisit

Are there concepts that seem unclear? Note them here as a reminder to review them.

## Week Nine – Week Twelve Reflections

#### How I Feel About My Progress

#### Areas to Revisit

#### Habits to Maintain

#### Resources I Found Helpful

## My Exam Day Information

### My Exam Time and Date

### Testing Center Address

### My Pearson VUE Account Info

#### Username

#### Password

You’ve worked your study plan. You’ve completed the review.

Now, go pass the CRC Exam!