A Guide to Navigating the EPPP Process

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WORKSHOP OBJECTIVES

- Participants will be able to understand:
  - the what and the why of the EPPP;
  - how to prepare & maintain sanity;
  - various study material available;
  - the application process;
  - how to sequence taking the exam; and
  - Expectations for what will happen after.
ACRONYMS

- EPPP: Examination for Professional Practice in Psychology; national test that all psychologists take for licensure
- ASPPB: Association of State and Provincial Psychology Boards; organization that creates the EPPP; [www.asppb.org](http://www.asppb.org)
- PES: Professional Exam Services; organization that oversees administration of EPPP
- Prometric: testing centers across US where EPPP is taken
EPPP

- Computer administrated exam
- 225 multiple choice questions
  - 175 questions scored; 50 pilot questions NOT scored
- 4 hours & 15 minutes allocated to take exam
- Will be provided with dry-erase board and markers
- Can take during week or on weekends
- 4 versions of EPPP administered at any given time
  - Every 6 months: 1 form retired; 1 new one used
  - Each exam draws from a pool of piloted test questions
DSM-V CHANGES

PLEASE NOTE:
Beginning August 1, 2014, all DSM questions on the EPPP will refer to the DSM-5.
ALL psychologists across disciplines must take EPPP to obtain licensure.

Performance on EPPP does NOT predict and is NOT related to how one performs as a psychologist.

- Your ability to do well on the EPPP is a measure of your ability to study EPPP study materials and your test taking abilities.
- EPPP is a standardized national licensure exam based on specific information compiled by the ASPPB.
- Study materials for EPPP are created based on the information used to compile the actual EPPP.
WHEN TO TAKE THE EXAM

- Earliest time the EPPP can be taken varies by jurisdiction & license type

- Only apply in one jurisdiction at a time
  - All other applications after the first one are cancelled and a processing fee of $30.00 will be applied
OVERVIEW
- Submit application materials to state board
- Apply for PES authorization
- Schedule and take the EPPP
- Complete state jurisprudence exam, if required
- Find out about any other additional state specific requirements: Oral exam; Child abuse reporting training, etc.
APPLICATION PROCESS

- Do **NOT** complete study process for EPPP and then submit your application to board
- First, must apply to state licensing board in which you wish to be licensed
  - State Boards vary in the time that they take to approve application – ranges from 1 to 6 months
  - Organizing & submitting materials takes time
  - Application & CV detailing training experience
  - Forms about clinical hours via internship and post-doc
  - Letters of reference from mentors, supervisors, & colleagues
Second, the licensing board will send you a letter or email of approval.

Next, contact PES (who administers EPPP) and submit your information for **authorization to schedule** the EPPP. **Then** you can schedule to sit for the exam.

Please note that after PES sends you an authorization letter:

- **You MUST TAKE EPPP WITHIN 60 DAYS OF THE DATE ON THE AUTHORIZATION LETTER!!!**

- If not, you will be assessed a $75 processing fee and extra administrative fees
- Test centers are often booked well in advance
- Deadline can help to finalize study schedule
SCHEDULING THE EPPP

- EPPP administered at Prometric Testing Centers across U.S.
- You can schedule to take EPPP at anytime (most centers are open 7 days per week) BUT...
  IMPORTANT TO SCHEDULE EPPP TEST DATE AS SOON AS YOU RECEIVE PES APPROVAL LETTER
- PES provides EPPP scores to state licensing boards 2x per month
- You do not receive score from PES but from the State Board: Notification times varies by board: Days to Weeks
The ASPPB examination fee for the EPPP is $600.00
- Please note fees may vary from jurisdiction to jurisdiction as some jurisdictions include their own administrative costs in the examination fee.

A computer-based test (CBT) appointment fee of $79.58 is collected by Prometric
- The CBT fee will increase every odd-numbered year

Rescheduling & Cancellation fees
- 31 days or more: No charge
- 1-30 days: $62.50
- Within 24 hours: forfeiture of exam fee of $600.00
RECOMMENDED STUDY MATERIALS

- Copy of written materials covering each topic
- Paper or online access to previous test questions (practice exams)!
  - **Best Advice** study sample test questions as a key part of your studying!!!

- Additional study materials:
  - CDs reviewing written materials
  - Flash or study cards for review
  - Weekend study seminars
  - Online Resources - Smart phone apps; Groups - Yahoo
1. Academic Review
2. Association for Advanced Training in the Behavioral Sciences
3. Psych Prep
**OBTAINING STUDY MATERIALS**

- **Business website:** Order own
- **Colleagues/School/Work place:** May provide study materials for post-docs to borrow to study or purchase at discount
- **Friends/Study Buddy(s):** Split costs
- **Ebay & Other Websites:** Individuals selling previously purchased materials at discount
- **General Rule:** Older materials dated within the past few years are okay but be wary if beyond 5-6 years. Also consider more recent changes that may need to be accounted for when gathering materials (i.e. DSM V updates)
PREPARING FOR THE EXAM

**Remember** passing the EPPP is NOT related to your ability as a Psychologist
- It is a measure of how well you can answer test questions on the EPPP study material
- **NO NEED TO STUDY YOUR GRADUATE SCHOOL MATERIALS**
- EPPP covers a lot of material. Be careful that do not get bogged down in studying topics

**EPPP study materials include:** Diagnostic Exam
- Take 1st to help to identify your areas of weakness
- Results broken down by topics
PREPARING FOR THE EXAM

- Develop structured study schedule based on:
  - Taking the diagnostic test to identify areas of weakness
  - Creating a study plan for each topic area, but prioritize based on order of importance on EPPP
  - Plan on studying for the EPPP from 10 to 20 hours a week for three to four months
    - Anywhere from 100-300 total hours

- Take practice exams and study correct answers:
  - Include at least 1 practice test per week in study plan
  - Helpful to have multiple practice tests but can recycle: re-take practice tests toward end of study schedule to measure progress
  - 60-65% on practice tests often will pass actual exam

CANNOT CRAM: TOO MUCH INFO
TOPICS ON EPPP

- Bio
- Cognitive-Affective
- Social-Cultural
- Lifespan
- Assessment
- Treatment
- Research & Stats
- Ethics
PREPARING FOR THE EXAM

- Link on ASPPB home to register for the EPPP and practice exams

- Practice EPPP Exams Benefits
  - Familiarize candidates with testing conditions
  - Gives examples of the format of questions and content
  - Actual test questions very similar or identical
  - Can illustrate content areas where more study is needed
  - Better able to track study progress
  - Additional information incorporated in explanation of answers that is NOT included in written materials

- Practice Exam Options
  - PEPPPP-taken at a Prometric Testing Center
  - PEPPPO-taken online
1. The central ingredient of the most effective behavioral treatment for agoraphobia is:

   a) Deep muscle relaxation
   b) Prolonged exposure in vivo
   c) Shaping of the desired behavior with an implemented reward system
   d) Exposure in fantasy
2. Which of the following descriptive features of a distribution of scores on a psychological test is not affected by adding a constant 10 to each score:

a) The standard deviation  
b) The geometric mean  
c) The arithmetic mean  
d) The median
UTILIZING PRACTICE TESTS

- Take the 200 questions practice exams as you would take the EPPP (computer or written)
- Obtain your score (computer or written)
- Go back and review each question and each of the answers: why they were right or wrong
  - Can be slow, arduous (may take 2-3 hours/test)
  - Good review of different concepts
  - New info presented in discussion of answers
AS YOU STUDY . . .

- **Remember:** It’s another hoop that we **ALL** have to jump through to become licensed
- You will be irritated about having to take the EPPP
- You will be annoyed about having to study certain topics irrelevant to your practice
- There will be plenty of days that you will not want to study

- Better to take EPPP early in career/training
- Still oriented to student study mode
- Higher pass rate within first 5 years post-graduation
More Suggestions for Studying

- It is helpful to take 1 to 2 days off of studying prior to your test day.
- Ideal to leave week prior to test day for general review especially of weaker areas.
- Most likely you will feel somewhat underprepared for the test prior to taking it - **THIS IS TYPICAL!!!!**
- **Be confident** that you are able to give the EPPP a valid shot.
Taking the EPPP

- Plan to arrive **30 minutes before** your appointment time with **2 forms of ID**. You have **4 hrs & 15 mins** to take the exam.
  - State licensing boards do make accommodations for individuals with disabilities.
  - The tutorial does not count again the time allotted for the exam ~ **60 questions per hour**.
  - The clock does not stop when you take breaks.
  - EPPP is administered **one question at a time**. It is recommended to go through the test answering every question & **flag** questions that you want to return to later.
After taking EPPP, you will most likely feel as if you didn’t pass or that you generally have no idea how did.

This is typical . . . but you probably have passed. Remember that cognitively we have a propensity to recall questions in which we were uncertain of the answers.

Relax and celebrate that you’ve taken the EPPP! Eat, watch a movie, & relax for rest of the day!
State licensing board notifies you either by mail or email about your score and if you passed: days or weeks

If you didn’t pass, NO WORRIES! Simply take it again. You can take the EPPP up to 4 times in a year. However, you will pay the EPPP testing fee and PES fees again.

Helpful to look at study time to determine how may be successful 2nd time. There are higher pass rates for 2\textsuperscript{nd} time test takers
IMPORTANT LINKS

- **ASPPB Information for EPPP Candidates**

- **Oral Examination Requirements By Jurisdiction & License Type**

- **Supervised Experience Requirements by Jurisdiction**

- **Continuing Education Requirements by Jurisdiction**