The exam consists of 44 Multiple-choice questions.

Be sure you are familiar with the following points and concepts (this list is fairly comprehensive, though not exhaustive):

- The Corey's overall perspective on personal growth
- Self-actualization general information and key figure (Maslow), hierarchy of needs
- Rogers theory of psychotherapy and development
- Sigmund Freud, Carl Jung, Alfred Adler & Erik Erikson personality theory basics
- Freudian defense mechanisms
- Characteristics of self-actualizing people
- Gardner's multiple intelligences and contrast with traditional conceptualization of intelligence
- Characteristics of autonomous individuals
- Functions of Self-disclosure
- Self-in-context perspective on development
- Transactional analysis and parental injunctions
- Injunctions often seen in alcoholic families
- Characteristics of adolescent transition
- Erikson's primary crisis or issue at each stage from infancy through late adulthood
- Central tasks of young adulthood
- Basic ideas of Albert Ellis' Rational Emotive Behavior Therapy
- Stereotypes about old age
- Characteristics of a “wellness lifestyle”
- REDS as a description of living a balanced life
- Sound health practices, including: Importance/benefits of regular exercise, sufficient rest/sleep, and spirituality
- Body identity, including “experiencing your body,” touch, body image, weight problems