

Reflections on Passing the ICF Credentialing Exam

💡 **Ken Note 20240915:** I am grateful for becoming a PCC on September 11, 2024. Kindly allow me also to share my reflections

❤️ **I passed** the ICF Credentialing exam on April 15, 2024. I consolidated some reflections while preparing for the exam. I hope this information can shed light on some essential information. Finally, please see it as a reference only, not the absolute only way; the key is finding your path on your prep journey. Good luck, everyone.

Preparation

✅ **Ethics:**

Ethical guidelines, interpretive statements, FAQs, and ICF videos are available on YouTube. I combined and read them to gain a holistic understanding of each guideline. While doing this, I also noted what behavior was terrible and shouldn't be done. Sometimes, this is in the unsaid—when a statement says something needs to be done, we know the opposite should be avoided.

✅ **Competencies:**

I reviewed the CC statements, the ACC minimum requirement, the PCC markers, and the ICF Video on CC together for each competence. This ensured I had gone through the CCs as they were repeated and got a relatively rounded understanding. I also made notes for when the competency is emerging (focus on behavior). For example, jumping too quickly to solutions, not being okay with not knowing, not being curious, etc., which helped me prepare for the worst-case scenario. This is sometimes indirectly mentioned; however, there is still much valuable information when preparing.

How to Answer

- ✅ Be aware that the scenarios are wordy. Please pace yourself. One question takes around 2 Minutes.
- ✅ Avoid using keywords (like verbs) to discern the answer (tell, remind, for the coach, etc.). Instead, read whole sentences to get to the essence of each option and what is happening with the client, the coach, and any other stakeholder.
- ✅ Asking self, in each statement, who is this fulfilling? Essentially, it is coach-focused or client-focused. And say if two answers seem to be coach-focused, which is least coach-focused (worse)?

Avoid a Negative Mindset

- ✅ **Time pressure** – Breathe intentionally and center yourself always.
- ✅ **I won't have studied enough** – We have put in over 60 hours of coach training and 100 hours of coaching practice. That's enough!
- ✅ **Dreading failure at the end** – Failure is a significant term; do not use it. Try to reframe this to say to yourself, ALL WILL BE WELL.

❤️ Finally, can we intentionally choose “ALL WILL BE WELL” or some other words that resonate with you rather than these three Negative mindsets?

❤️ Yes, do self-talk to yourself. This helped a lot.

Take a Mock Test

✓ Taste it Yourself by Mock Test

Solutions Academy provides it for free.

https://docs.google.com/forms/d/e/1FAIpQLSdj_h77dSdmL3KGDSv4fdbHIZELt-1c_INtKjh0_4n9gMibWg/

Learning Material

✓ Exam

[ICF Credentialing Exam](#)

(ACC Exam is another option for ACC Candidate)

[Exam Content](#)

[8 Sample Test Questions](#)

[Proctored Exam Requirements](#)

[Disabilities/Accommodations](#)

ICF Note: Candidates for an ICF Associate Certified Coach (ACC) credential can take the [ACC Exam](#). Through March 14, 2025, ACC candidates can take the ICF Credentialing Exam as an alternative option.

✓ Ethics

Ethical Guidelines

<https://coachingfederation.org/app/uploads/2021/01/ICF-Code-of-Ethics-1.pdf>

Interpretive Statements

<https://coachingfederation.org/insights-considerations-for-ethics>

Ethics FAQs

<https://coachingfederation.org/ethics-faqs>

Ethics Videos Series

<https://www.youtube.com/playlist?list=PLMBtOVpaN5DhGnQMkwdA6Mebib094zEgW>

Competencies

CCs

<https://coachingfederation.org/app/uploads/2021/03/ICF-Core-Competencies-updated.pdf>

ACC Min Requirements

<https://coachingfederation.org/credentials-and-standards/performance-evaluations/minimum-skills-requirements>

PCC Markers

https://coachingfederation.org/app/uploads/2021/06/Updated-ICF-PCC-Markers_English_Brand-Updated_Final.pdf

CCs Video Series

<https://www.youtube.com/playlist?list=PLMBtOVpaN5DjRt-VAJla0Xe0MLuA-LZNk>