Test Taking Tips and Study Strategies

Lisa Glantz Williamson, DNP, NNP-BC
Neonatal Nurse Practitioner
Blank Children’s Hospital, Des Moines, IA

The speaker has signed a disclosure form and indicated she has no significant financial interest or relationship with the companies or the manufacturer(s) of any commercial product and/or service that will be discussed as part of this presentation.

Session Summary
This session is presented in two parts. First, the presenter will provide an overview of the certification examination (rules, regulations, eligibility and format). Participants will be given study and test taking strategies for taking a multiple-choice certification examination. Second, the participants will be encouraged to take part in answering practice questions in a relaxed, fun, game show atmosphere.

Session Objectives
Upon completion of this presentation, the participant will be able to:
- cite internet resources that will assist in examination preparation;
- define the NCC and understand the mechanism by which questions are formulated;
- understand the format of the examination;
- anticipate eligibility requirements;
- proceed with application for the examination;
- formulate a study plan using the examination content outline;
- anticipate anxiety and identify mechanisms by which to minimize stress;
- understand the importance of a study plan as it relates to examination preparation;
- choose recommended study resources, references, and texts;
- identify areas of strength and weakness, enhancing study plan;
- formulate multiple-choice question test-taking strategies;
- be adequately prepared to take the NCC NNP certification examination;
- participate in a game-show style practice question event.

References


www.memorizationtips.com

References for Test Preparation 2015

NCC Study Resources – www.nccwebsite.org


Test Taking Tips & Study Strategies for Passing the NCC NNP Exam

Lisa Glantz Williamson
DNP, RNC-NIC, ARNP, NNP-BC, PNP

Congratulations Super Stars!
Look at what you have accomplished!
Pat yourself on the back!
Be proud of yourself!

Important Internet Resources
National Certification Corporation (NCC)
www.nccwebsite.org

The Center for Certification Preparation and Review (CCPR)
www.ccprwebsite.org

Pediatrics University
www.pediatrics.com/homepage_university.cfm?id=92&To
ptID=92

PEC Professional Education Center
www.proedcenter.com

Test Taking Tips & Study Strategies for Passing the NCC NNP Exam

• The Test.
• Tips & Study Strategies.
• Practice Questions in a Game-Style Format.

Important Internet Resources
The National Certification Corporation (NCC)
www.nccwebsite.org

2016 Neonatal Nurse Practitioner Registration Catalog
2016 Candidate Guide Neonatal Nurse Practitioner
Catalog & guide discuss eligibility criteria, important facts, content outlines with study resources, bibliography, testing options, scoring, payment and general policies.

MANDATORY Online Exam Registration
Register for the exam completely online! Simple, easy to follow directions.
**Important Internet Resources**

**The Center for Certification Preparation and Review (CCPR)**
www.ccprwebsite.org

- Provides test-taking tips
- On-line practice test ($52) – 2013 and 2015 versions
- Core text (Manual of Neonatal Care, Cloherty, et al., 7th edition) with exercise workbook ($114) or exercise workbook only ($59)

**Pediatrix University**
www.pediatrix.com

- NNP Certification Prep Course
  - 7 modules, each with a self-assessment quiz:
    - Pulmonary - Perinatal Risk Factors - General Management - Cardiac and Gastrointestinal - Integument, Hematopoietic and Genetics - Multi-System Review - Infectious Disease and Neurology
  - Multiple choice, 125-question exam
  - Presented in 3 segments

**PEC Professional Education Center**
www.proedcenter.com

- Utilizes Core Curriculum for Neonatal Intensive Care Nursing 5th Edition
  - 3 day review course multiple times/year with opportunity to take RNC-NIC exam onsite ($469)
  - Self study with text ($134.95) with 24 CEUs

**Flashcards...Another way to study!**

- Available from www.flashcardsecrets.com
- Cost $49.99 plus shipping
- OR
- Make your own

**Who is the NCC?**

The National Certification Corporation.

Not-for-Profit organization.

Provide certification credentials via voluntary examinations that validate entry level knowledge.

**Neonatal Nurse Practitioner 2016 Exam Content Team**

Teni Cavaliere, NNP-BC, DNP
Neonatal Nurse Practitioner and Assistant Professor, North Shore University and Stony Brook University, New York, NY

Anne Carleen Speaks, NNP-BC, APRN, MSN
Neonatal Nurse Practitioner, Medical University of South Carolina, Charleston, SC

Ellen Tappero, NNP-BC, DNP, RN
Director, Neonatal Nurse Practitioner Program, Neonatology Associated Ltd, Phoenix, AZ

Catherine Theorell, NNP-BC, PhD
Director, Neonatal Nurse Practitioner Program, Women’s, Children’s and Family Nursing, University of Illinois at Chicago, College of Nursing, Chicago, IL

Carol Wallman, NNP-BC, DNP
Neonatal Nurse Practitioner, Neonatal Nurse Practitioner Coordinator of NNP Education, Children’s Hospital of Colorado, Denver, CO
NCC NNP Certification Exam
How to Apply
• Your application, fee and documentation MUST be submitted together...
  – Completed application
  – Official transcript issued from the registrar
  – Copy of Master’s or DNP diploma
  – Post-Master’s certificate if applicable
  – Processing can take up to 4 weeks
• Apply online ONLY

NCC NNP Certification Exam
Eligibility
Certification exam MUST be taken within 8 years of graduation from an accredited program...
No exceptions!

• All requirements for graduation must be completed before application is filed.
• Current RN in USA or Canada.
• Certification is maintained every 3 years from date of official results - retest OR CEUs based on competency assessment...see www.nccwebsite.org for details

NCC NNP Certification Exam
Format & Fees
*NEW* Computer Testing ONLY...
Available on demand with a 90 day testing window

Application fee...
$325 ($50 non-refundable application fee and $275 testing fee) payable by electronic check or credit card

Computer testing myths...
Must be computer savvy - NOT!
Cannot revisit questions - NOT!
Computer test content is harder - NOT!

NCC NNP Certification Exam
Format
• 3 hour examination.
• 150 questions counted for scoring with up to an additional 25 pretest questions for a total of 175.
• Each question has three possible answers.
• Tests knowledge and application of knowledge.
• Lab data, conventional measurements.
• Generic and trade drug names.
• Passing scores are predetermined and based upon Item Response Theory (Rasch analysis)...in other words “criteria” based.

NCC NNP Certification Examination
Content
General Assessment (21%)
  • Maternal History Affecting the Newborn
    – Antepartum
    – Intrapartum
  • Neonatal
    – Physical Examination
    – Gestational Age Assessment
    – Behavioral Assessment
    – Clinical Laboratory Tests
    – Diagnostic Procedures, Techniques & Equipment
  • Family Integration
    – Family Integration & Communication
    – Grieving Process
  • Discharge Planning & Follow-Up
General Management (22%)
The Disease Process (55%)
Professional Issues (2%)
NCC NNP Certification Examination
Content
General Management (22%)
• Thermoregulation
• Resuscitation & Stabilization
• Nutrition
• Fluids & Electrolytes
• Pharmacology
  • Principles
  • Drug Therapies

NCC NNP Certification Examination
Content
The Disease Process
Embryology, Physiology, Pathophysiology (55%)
• Cardiac
• Pulmonary
• Gastrointestinal
• Renal/Genitourinary
• Metabolic/Endocrine
• Hematopoietic
• Infectious Diseases
  • Musculoskeletal
  • Integumentary
  • Genetics
  • Neurological
  • Ears, Eyes, Nose & Mouth/Throat
  • Intrauterine Drug Exposure

NCC NNP Certification Examination
Content
Professional Issues (2%)
• Evidenced Based Practice
• Principles of Nursing Research
• Legal/Ethical/Communication Problems
• Patient Safety

NCC NNP Certification Examination
Bibliography and Other Resources

Please refer to the appendix.

Expanded outline, sample questions and bibliography located in:
NCC 2015 Candidate Guide Neonatal Nurse Practitioner
http://www.nccwebsite.org

Test Taking Tips & Study Strategies for Passing the NCC NNP Exam

Tips and Strategies
**Be Prepared!**

www.resptrec.org/resources/Test_Strategies.pdf

“For every disciplined effort there is a multiple reward.”

~Jim Rohn

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**Start Early!**

- Get organized.
- Review content outlines.
- Identify strengths and weaknesses.
- Plan and schedule time for study.
- Develop personalized study plan.
- Select review courses, resources, practice tests.

“Great things are not done by impulse, but by a series of small things brought together.”

~Vincent Van Gogh

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**Plan to study!**

- Keep up with your calendar.
- Stay true to your planned study sessions!!
- Work ahead if possible.
- Organize a study group if this approach has proven successful in the past.
- Silence your phone, remove distractions.
- Schedule breaks.

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**Manage Anxiety!**

- Send application early.
- Schedule exam date as soon as eligibility letter received.
- If possible, take time off before and after the exam. Make any necessary work, travel, or childcare arrangements.

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**Manage Anxiety!**

- Consider a dry run to the test site.
- Schedule rest and relaxation time.
- All things in moderation. If it is study time, study. If it is play time, play!

Preparation may be prophylactic treatment for test anxiety!
“Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.”
~ Zig Ziglar

Note case studies that match outline topics –

- A notorious patient with PPHN.
- Management of a crisis in the delivery room.
- Interdisciplinary rounds regarding a chronic, complicated patient.

- Seek out clinical experiences matching topics identified as areas of weakness.
- It is easier to remember a story than it is to remember a list of facts.

How do you learn?

*See it. **Hear it. ***Say it. ****Do it. *****Teach it!

Consider preparing an in-service for staff, nursing students or ancillary departments. Choose a topic or a case study that can combine many outline topics.

Memory Joggers

Jingles
Acronyms
Acrostics
Vivid mental pictures

Memories...Like Footprints on My Mind

- Create an acronym for a list
- Sing it!
- Practice, practice, practice
- Use flash cards or play games
- Chunk it!
- Use patterns
- Associate
- Visualize it!
- Repeat, repeat, repeat
- Get your ZZZZZs

The Week Before...

- Scan entire outline. Determine areas requiring last minute study.
- Allow for small increments of review time for all content topics.
- Put main ideas, information and formulas onto a sheet that can be quickly reviewed many times.
- Verify travel arrangements.
The Week Before…

- Locate admission ticket. Get a silent, approved calculator. Assure you have photo identification.
- Review preparations, rules, and regulations relating to the chosen examination format, computer or paper/pencil.

The Day Before…

- Review briefly.
- Review test strategies, time table, etc.
- Travel to stay near test site if necessary.

The Day Before…

- Plan on an early dinner and bedtime.
- Avoid sleep aids, stimulants, alcohol.
- Don’t try or do anything new.
- Set an alarm, consider a wake-up call.

Test Day…Finally!

- Feed your brain. Avoid excess fluids.
- Get an early start. Arrive 30 minutes prior to your scheduled start time.
- Wear layered, comfortable clothing. Go ahead, wear those lucky socks!
- Listen carefully and remain alert.

“One important key to success is self confidence. An important key to self confidence is preparation.” – Arthur Ashe

Specific Test Taking Strategies

- Take advantage of the practice test session.
- Wisely use allotted time. Allow time for review.
- Each exam question has three parts: the question (stem), the correct answer and two distracters.
- Read the entire question thoroughly before looking at the answers.
Specific Test Taking Strategies

• First impressions matter. Think of your own answer before reading choices.
• Read every choice before choosing answer.
• Throw out unlikely answers.
• Correct answers are often longer and more descriptive.

Specific Test Taking Strategies

• Answer the questions in the order that they appear.
• If you do not know the answer, read the questions a second time. If you cannot make a guess, leave it blank and come back. Don’t panic and don’t waste time.
• Don’t allow yourself to become frustrated over a specific question. If it is deemed flawed, statistical standards will not be met and it will be discounted.

Specific Test Taking Strategies

• If “all of the above” is a choice, and more than one of the choices is correct, then choose “all of the above.”
• If two answers are similar, one of them is probably the correct answer.
• Don’t be afraid to change an answer.

Specific Test Taking Strategies

BEWARE of the EXTREME modifiers!
Use of these words usually makes the choice incorrect:
always        all        never
only          none       best
absolutely    worst      absolutely not
nobody        everybody  certainly
invariably    no one     everyone

Specific Test Taking Strategies

LOOK for QUALIFIERS!
Use of these words often make a choice correct:
seldom        often       many
usually       frequently   sometimes
some          much
probably      a majority   most
a might       apt to
may          a few
unlikely
Specific Test Taking Strategies

• If the choices contain common elements, the choice with the greater number of elements is probably the best answer.

• Look for opposites. One of them is usually the correct choice.

• Leave no answer blank. You are not penalized for incorrect answers. You only risk guessing correctly!

Celebrate!
When the test is over...REJOICE!

If you have taken the computer test, you will know immediately that you have PASSED the exam!

Have fun and treat yourself to something special!

Let it go! Bask in the joy of your accomplishment!

The sky is the limit!
Next up...
Practice Questions in a Game-Style Format
AND
The Practice Test